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OF

T H E T R U S T E E S

OF THE

S T A T E L U N A T I C H O S P I T A L ,

A T T A U N T O N ,

FOR THE YEAR ENDING

N O V E M B E R 3 0 , 1 8 5 4 .

B O S T O N :

WILLIAM WHITE, PRINTER TO THE STATE.

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FIRST ANNUAL REPORT

OF THE

TRUSTEES OF THE STATE LUNATIC HOSPITAL,

AT TAUNTON,

DEC., 1854.

To His Excellency the Governor, and the Honorable Council:—

The Trustees of the State Lunatic Hospital at Taunton, in conformity with their official duty, have the honor to submit the following Report:—

By an Act of the Legislature, approved May 24, 1851, authorizing the erection of a second Hospital for the Insane in this Commonwealth, the Governor, with the advice and consent of the Council, was empowered to appoint a Board of three Commissioners, to purchase an eligible site in such a section of the Commonwealth as they should deem expedient, and cause to be erected thereon a suitable Hospital for the cure and care of the Insane—the accommodations of such Hospital to be sufficient for two hundred and fifty patients, a Superintendent and Steward, their families, and all the necessary subordinate officers; and for that purpose the sum of one hundred thousand dollars was appropriated, and at subsequent periods the sum of fifty-four thousand dollars additional, the first-mentioned sum having been found altogether inadequate to the purpose.

The Commissioners appointed to carry out this beneficent

intention of the Legislature, after a full and careful examination, determined to locate said Hospital in the town of Taunton, in the county of Bristol.

It is just to add, that, by a vote of the inhabitants of Taunton, and by voluntary contributions of its citizens, the sum of about thirteen thousand dollars was placed in the hands of the Commissioners, for the purchase of the valuable and beautiful site upon which the Hospital was erected.

The tract of land purchased by the Commissioners contains a little over one hundred and thirty-three acres, lying in one body, and is exceedingly well adapted to the purposes of such an Institution.

It is in an elevated and airy situation, covered here and there with wood, and bordering upon a pond and river, which add not a little in variety and beauty to the view. It is easy of access with reference to railroad and other communications, but sufficiently secluded from all sights and sounds likely to disturb.

In addition to the natural advantages of this location, which are very great, considerable has been already done to improve and embellish it, and the Trustees desire to make such further improvements as may render it a spot fitted to interest and tranquillize the minds of those who need as well the soothing influences of external nature as the healing remedies of art.

In July, 1853, the first Board of Trustees was appointed; and in October of that year, the present Superintendent, Dr. Geo. C. S. Choate, was appointed. The building and property were delivered into the hands of the Trustees by the Commissioners, February 2, 1854; and in the month of April following, the Hospital was opened for the reception of patients.

The Hospital building is a handsome and well-built structure, and is, in the main, well adapted to the purposes for which it was designed. It was intended for the accommodation of two hundred and fifty patients, and is sufficient for that purpose.

When, however, the building was received by the Trustees, much remained to be done to put it in a proper condition for occupancy. An outlay of about two thousand dollars in carpenter's work was needed in the interior of the house, to fit it for the reception of patients. The usual out-buildings, which

are indispensable to a large establishment; were all wanting. There was no fence around the place to protect the unfortunate inmates from the excitement inevitable to the presence of strangers around their windows; the well was in an unfinished state; and many things were necessary to be done, requiring further expenditure.

So far as they have been able, the Trustees have taken measures to remedy the deficiencies; a substantial and proper fence is in process of being built around the premises; some progress has been made in laying out the walks and paths and in improving the grounds; some needed out-buildings have been erected, and such alterations made in the interior of the building as were deemed essential.

In one respect, the Trustees have deemed it advisable to make a material change. As originally constructed, there were forty-two rooms designed for the reception of violent and filthy patients, called the *strong rooms*. These rooms were built of stone, and brick and iron, and were finished throughout with a view chiefly to strength. The walls were of brick, sixteen inches thick, and were whitewashed on the brick. They were placed along the centre of the wing which was devoted to them, having a narrow passage way before and behind, and consequently having no windows opening to the outer air, and few of them any view but of the same gloomy white prison walls. A small opening in the rear of each cell, guarded by strong iron bars, answered for a window; the doors were narrow, and made of the same material, each provided with two ponderous and formidable-looking locks. By the side of the door was a small aperture, just large enough to pass in food. The floors in the two upper stories were of wood. In those in the lower story, which were designed probably for filthy patients and such as should refuse to wear clothing, they were of stone, made sloping, and terminating in front of the cells in a stone gutter, for the convenience of washing them out. The stones also were heated, to afford warmth to the naked inmates who were expected to rest upon them. The whole were gloomy, prison-like and repulsive.

The Trustees are aware that it has been considered necessary in other similar institutions to have rooms of this description, or strong rooms, for the use of patients difficult to control

or to keep properly clothed ; but, apart from considerations of humanity, they are now satisfied that it can never be necessary thus to confine even the most furious ; and they are happy to be able to say that it has never been found necessary in this institution to resort to such extreme modes of restraint in a single instance. The length of the time during which the system of dispensing with the use of such rooms has been tried, the fact that many patients previously so confined have manifested a decided change for the better, and the general good order and quiet which reign throughout the Hospital under its operation, convince the Trustees that the safety of such a course is no longer a matter of experiment. And it is a matter of great gratification to them that, so early in the history of the Hospital, so important a point in the treatment of the furiously insane has been satisfactorily established.

For these reasons, and because the space occupied by the strong rooms was needed for other purposes, the Trustees have caused them to be demolished, and other and more suitable apartments to be constructed in their place.

The documents marked A, B, and C, annexed to this Report, exhibit the amount which has been received and expended under direction of the Trustees.

The sum of twenty thousand dollars was appropriated, by the Legislature of eighteen hundred and fifty-three, for the purpose of furnishing and providing for the occupancy of the Hospital, to be expended under the authority of Trustees thereafter to be appointed. And in eighteen hundred and fifty-four a bill was introduced by the chairman of the Committee on Public Charitable Institutions, who made a thorough examination of the Hospital and its wants, and were satisfied that further appropriations were immediately and imperatively demanded, appropriating the further sums of twelve thousand dollars for the purposes of construction or permanent improvements, and of ten thousand dollars to meet the expenses of the new Hospital, before it would be in the receipt of any other revenue. The whole of the first appropriation has been expended by the Trustees in the manner indicated by document A. Of the second appropriation of twelve thousand dollars for the purposes of construction, there has been expended ten thousand nine hundred and forty-two dollars and eighty-four

cents, (\$10,942.84,) as per document B, leaving on hand an unexpended balance of one thousand and fifty-seven dollars and sixteen cents, (\$1,057.16.) It is proper to add, however, that, during the month of December, this balance will have been entirely expended in meeting bills, which will be due for work now going on on the farm and bowling-alley, and that, therefore, nothing remains in the hands of the Trustees for any further improvements.

The appropriation of ten thousand dollars, to meet the expenses of the Hospital until it be in the receipt of revenue from some other source, has been fully expended, as per document C.

In the judgment of the Trustees, a further appropriation is imperatively required in order to carry out the intent and purpose of this charity, and to render the institution what it should be.

Improvements are in progress which it is desirable to complete, and others are deemed advisable.

The remarks of the Superintendent upon the necessity of further employment for the inmates meet our fullest approbation; and we believe that a systematic plan of occupation, followed out steadily, and improved and perfected year after year, will do much to improve the comfort of the patients, to increase the number of recoveries, and perhaps eventually to diminish the expenses of the Institution.

To carry out this intention, by the preparation of suitable rooms for the employment of the male patients, and by erecting a small building, to be devoted to the exercise and occupation of the female patients,—to make the necessary repairs upon the roof and other parts of the building,—to make a much needed alteration in the steam boilers in the kitchen department,—and especially to increase our present means of ventilation, which are altogether inadequate,—it will be highly desirable that further means be early placed at the disposal of the Board of Trustees.

A small but well-chosen library for the use of the Institution, a suitable carriage for the use of the aged and feeble, and a tomb, are wants which are much felt, and which, if now attended to, will not again occur. As far as the time and the means at their disposal would allow, the Trustees have en-

deavored to place this Institution where Massachusetts institutions ought to stand—among the first in our land. And in such endeavors they are confident that they will have the hearty support of a wise and liberal State Government. Economy in every department of the Hospital is regarded as one of the first, most important, and necessary points in its management, and all its expenditures have been carefully weighed with a view to this. But the Trustees believe the fact should never be lost sight of, that economy ceases to be judicious—ceases, in fact, to *be* economy—when it deprives a single individual of any means which might be conducive to his restoration.

It is believed that the receipts of the Institution will be sufficient to meet its ordinary expenses. But at a time like the present, when the prices of all articles of consumption are so high, it may be doubted whether the sum allowed by the State, one hundred dollars a year, for the support of State lunatic paupers, (that is, for board, clothing, medical attendance, &c.,) is adequate for that purpose.

If it is desirable that this class of patients be supported at a less sum than is paid by other patients, would it not be better that they should be supported in an institution by themselves? It is obvious also that it cannot be well that the foreign paupers who are sent hither, having generally habits, associations and tastes, different from the other classes of patients, should be kept in these asylums to the detriment of our own citizens, and be mingled with them.

Although nothing should be omitted which may conduce to the comfort or restoration of the humblest of the unfortunate whose reason is impaired, still it is not perhaps unreasonable that some distinction should be made between those whose pursuits, associations and habits of life have been entirely dissimilar.

In regard to the number and condition of the inmates and the internal management and regulations of the Institution, the Trustees deem it sufficient to refer to the accompanying very full and able report of the Superintendent, and to his minute and carefully-prepared tables and judicious explanations and statements.

And, in conclusion, the Trustees embrace the opportunity

to render their unanimous and hearty testimony to the manner in which Dr. Choate, the Superintendent, has performed the duties of his office—duties, the successful performance of which requires the union of rare qualities. To his skill, kindness and judicious management, the Institution is already greatly indebted, and it will, we trust, continue to reap the benefits of his increasing experience, and of his zealous devotion to that most delicate and difficult of all arts—the art of “ministering to the mind diseased.” The thanks of the Trustees are also due to those assistants in the Institution having charge of different departments, for the faithful and efficient discharge of their respective duties.

C. R. VICKERY.

WM. SUTTON.

CHARLES EDW'D. COOK.

G. R. RUSSELL.

GEO. A. CROCKER.

A.

Furnishing Account.

Cabinet Furniture,	\$2,108 18
Bedsteads,	2,118 80
Blankets,	1,031 86
Mattresses,	2,220 93
Carpets,	1,340 89
Jacquard diaper, for spreads,	303 98
Cotton cloth, ticking and crash,	841 39
Hardware, wooden ware, cutlery,	673 06
Crockery,	637 62
Curtains and fixtures,	123 03
Piano and melodeon,	400 00
Coal,	963 12
Freight and Expressing,	193 60
Paper hangings,	239 48
Clothing \$177.51, shoes \$110.32,	287 83
Wood,	33 32
Carts, wagons and harnesses,	625 00
Farming tools and seeds,	231 61
Engineers' tools,	99 74
Hay and straw,	80 31
Groceries and grain,	1,551 43
Stock for farm—8 cows, pigs, 3 horses, 2 pair of oxen,	1,297 24
Meat \$832.60, vegetables \$126.52,	959 12
Fresh fish,	38 94
Surgical instruments,	30 53
Plumbing,	48 60
Books and stationery,	127 22
Lumber in house,	13 70
Painting,	16 50
Wages,	957 06
Sundries,	405 91
Total,	<hr/> \$20,000 00

B.

Construction Account.

Gas Fixtures,	\$448 38
Purchase of barn on land,	400 00
Building road,	508 50
Gas pipe from town,	500 00
Building furnaces,	886 46
Survey and plan of farm,	353 00
Alteration of strong rooms, per contract,	2,575 88
Building 1,316 feet of fence, “ “	658 00
Laying pipe to river,	200 64
Stock and labor for new barn,	689 15
Stock for bowling alley and fence,	943 66
Carpenters' work, stock and labor in house,	1,843 56
Masons' work,	113 50
Plumbing,	93 69
Wire screens for windows,	132 75
Window blinds,	110 80
Grates in house,	108 70
Sundries,	376 17
Total,	<u>\$10,942 84</u>

C.

Expense Account.

Wood,	\$84 92
Coal,	2,670 33
Clothing,	108 28
Hay and straw,	158 13
Cotton cloth,	65 08
Jacquard diaper,	66 45
Bread,	1,189 76
Wages,	1,679 47

Groceries,	\$1,767 01
Flour,	399 90
Corn, meal and oats,	157 78
Meat,	1,159 30
Vegetables,	219 59
Fresh fish,	106 97
Sundries,	167 03
<hr/>	
Total,	\$10,000 00

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the Hospital and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending November 30, 1854, is respectfully submitted to the Board of Trustees.

Receipts.

Received from towns for the support of patients,	\$1,893 02
“ “ individuals “ “	950 91
“ “ farmer for the sale of sundry articles,	8 50
	\$2,857 43

Payments.

Paid on account of supplies,	\$680 42
“ “ “ fuel and lights,	1,030 40
“ “ “ wages,	73 96
“ “ “ farm,	174 62
“ “ “ furniture,	106 50
“ “ “ incidentals,	165 82
Balance in Treasurer's hands,	625 71
	\$2,857 43

Of the amount paid on account of farm, fifty-six dollars were paid for stock, and the remainder for hay. Incidentals include postage, advertising, newspapers, expenses incurred in pursuit of elopers, and returning State paupers, who have settlements in other States, to their homes. Any attempt to estimate the cost per week of supporting each patient during

the past year would, of course, from the nature of the case, be merely an approximation.

GEO. C. S. CHOATE.

TAUNTON, Dec. 29, 1854.

The account of the Treasurer, together with the vouchers, having been examined, is found to be correct.

CHARLES EDW. COOK,	}	<i>Auditing Committee.</i>
WM. SUTTON,		

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton :—

GENTLEMEN :—A brief description of the grounds and buildings of the State Lunatic Hospital at Taunton, together with some account of its organization, may, perhaps, without impropriety, be prefixed to the First Annual Report of the Superintendent.

The grounds of the institution consist of about one hundred and thirty-four acres, extending in a southerly direction to within half a mile of the centre of the town. With an exceedingly varied surface, a beautiful grove of more than sixty acres, and bounded by the river for nearly half its extent, the site has natural advantages which are rarely met with. As nearly all the land lies between the Hospital and the town, and as its position is furthermore strengthened by having the river for a natural barrier, the institution will probably be able to hold at bay for many years the encroachments of an increasing population, and will avoid the difficulty into which many similar institutions have fallen—of being gradually drawn, in consequence of the increase of a flourishing town, into the heart of a large city.

The Hospital building is situated on a gentle eminence, at the extreme northerly part of the farm, being about one mile from the town. It consists of three principal stories, and is well and substantially built of brick, and covered throughout with slate. The centre building has a frontage of fifty-five feet towards the town, and projects from the main front about fifty feet. In this are the office, dispensary, apartments for the officers, and rooms for the reception of visitors and social intercourse of patients. It is surmounted by a dome, which rises

seventy feet above the roof, and from which there is a panoramic view of great beauty, embracing the neighboring town, with its many tokens of busy life, several flourishing villages, the numerous ponds and streams with which the surrounding country abounds, and reaching in the far-off distance even to the blue hills of Norfolk County.

Connected with the centre building, and passing east and west from it, are the two main wings, each one hundred and forty-six feet in length and forty-three feet in width. The east wing is occupied by females, the west by males, and their construction and arrangement are in all respects the same. Through the whole length of each story, in each of the main wings, extends a central corridor, or hall, fifteen feet in width and ten and a half in height; and communicating with this on each side are a dining-room, a parlor, a wash-room, conveniently fitted with marble basins, a clothing-room, where each patient has a box appropriated to his or her own use, a water-closet, and ten dormitories, affording sleeping accommodations to about thirty patients. Running nearly to the north, at right angles with the main wings, and connected with them, are the return wings, which contain in each story a corridor, or hall, similar to that of the main wings, at the farther extremity of which are the water-closet and bathing-room, and on each side dormitories, fourteen in number, thirteen of them large enough for one person only, the other accommodating six or seven. A large bay window, about half way down the outer side of the hall, adds much to its light and cheerfulness, and is a favorite resort of patients. A door connects the hall of the return wing with that of the main wing, and affords means of access to the dining-room for the patients in the former. The room for the attendants is placed in the outer angle, where the two halls join, and from it is afforded a full view of the whole length of each hall. At the end of each return wing is another short wing, at right angles with it, seventy-seven feet in length, and containing the veranda, and originally the strong-rooms, but now a pleasant hall in each story, and six comfortable rooms opening into it, in most respects similar to those in the main and return wings. The veranda, which is a large, square room, two sides of which are made up of unglazed iron sash, is an excellent feature, affording the most ample

opportunity for exercise in the open air, and being an excellent substitute, with a large proportion of patients, for airing courts. The verandas are entered by a door from the extremity of each return wing. The halls and rooms connected with them are furnished, each, to suit the condition of the class of patients who occupy them. All the sleeping-rooms have a comfortable bedstead and bed; and where the state of the patient will permit it, they have each a husk and a hair mattress, a table, chair, looking-glass, and strip of carpet. The parlors, of which there is one in each story of the main wing are furnished in the lower story simply with seats; in the second with chairs, a sofa and table; in the third they are carpeted and well furnished, and adorned with a few well-selected engravings. The dining-rooms are all furnished with substantial tables—in the lower hall with benches, in the upper with chairs. The table ware is of good quality, and will undoubtedly prove cheaper in the end than an inferior article.

From the rear of the centre building extends back the centre wing, of the same length as the two return wings, and forty feet in width. Besides the uses to which this wing is particularly appropriated, it serves the important purpose of cutting off sight and sound between the male and female wings. On the first story it contains a dining-room for the officers fifteen by forty feet, a kitchen twenty-five by fifty, two store-rooms, a bakery and a washing-room. The kitchen, besides a range of the largest size, has seven tin boilers for cooking by steam; and the washing-room is furnished with soapstone tubs, which are supplied with cold water and with steam. In some respects the arrangement of this centre wing is admirable, particularly in the great concentration of the domestic offices of the house which it affords. It is objectionable, inasmuch as it makes the dining-room a thoroughfare to the kitchen, both of them thoroughfares to the laundry, and all three to the rear of the establishment. There are also some inconvenient arrangements in the kitchen, which I shall allude to hereafter. The chapel, a spacious, lofty, and well-lighted apartment, capable of accommodating with ease two hundred persons, together with the drying-room and ironing-room, occupy the second and third stories of this wing. The latter rooms are placed directly over the washing-room, and are very conveniently connected with

it by means of a dumb waiter. A similar communication exists between the kitchen and each of the several dining-rooms. A beautiful and spacious stairway rises to the third story from the centre building; and in each of the wings are two others, affording ample means of egress from all parts of the building in case of fire.

One hundred feet in the rear of the centre wing is a two-story brick building, in which are two tubular boilers, each sixteen and a half feet in length and four feet in diameter, and containing each fifty-four tubes. These constitute the generating power for supplying the house with heat, for cooking, heating water, which is distributed over the whole establishment, boiling and drying clothes, and furnishing steam for a small engine, by means of which water is thrown into the attic for the various purposes of the household. The main steam-pipe is brought in a covered archway, which also contains the smoke-pipe from the furnaces to the main building, where it is divided and subdivided into small pipes, which are arranged in hot-air boxes, extending through the whole of the basement of the wings, and communicating, by flues, with the several halls and dining-rooms. Between the halls and chambers of patients a free communication exists for the transmission of heat through an opening over the door of each room, and during the day time through the doors themselves. Strong and reasonable fears have been entertained that, in the severest part of the winter, the heating apparatus might prove inadequate to its purpose. Three powerful furnaces were accordingly set during the fall, one under the centre building, for warming which no previous arrangement had been made, and one under the extremity of each wing. With their aid, and by the help of an important alteration in the construction of the hot-air boxes, by means of which we save a considerable amount of heat which was lost during the early part of the season, it may now be hoped with great confidence that a comfortable and pleasant temperature may be given to all parts of the building even in the severest weather. This is, unquestionably, an exceedingly pleasant and salubrious method of heating, and, inasmuch as it removes the fires with their terrible risks out of the building, is perhaps to be preferred to all others; but it is undoubtedly by far the most expensive mode which has ever

been invented, and is liable to the serious objection, that, by an accident to the apparatus, the building warmed by it might be at any time entirely cut off from all heat.

The Hospital was originally supplied with water from a large well; but, during the long-continued drought of the past summer, this failed, and a pipe was then laid from the engine-house to the river, a distance of nearly four hundred feet. It is forced up, by a pump attached to the steam-engine, into large iron tanks in the attic, capable of containing five thousand gallons, and thence is distributed to all parts of the house. This is an expensive method of obtaining water, but the only practicable one in this site, and affords us an abundant supply of pure soft water, which is one of the indispensables of a lunatic hospital. It would, probably, be good economy to place some large shallow tanks in the attic, and lead into them the conductors from the roof. By this means an amount of water could be collected which in the course of the year would save much, both in the wear and tear of machinery and in the consumption of fuel.

All parts of the building are lighted by gas, which is obtained from the Taunton Gas Company. Scarcely any other single thing contributes so much to the cheerfulness of a hospital as gas. To the long winter evenings, which, in hospitals lighted in any other way, must be seasons of gloom and weariness, bearing heavily on the already overburdened mind, the brilliantly lighted halls and parlors impart a comfort, which brightens the desponding heart, and, in spite of themselves, cheers into mirth and sociability many a morose and ascetic soul.

At the lower part of each patient's room is a register, communicating with a flue which descends to the cellar. Here these flues are collected into a large foul-air duct, which, after traversing the whole basement, terminates in an upright-heated shaft, which rises to a considerable height above the building, and which also contains within it the smoke-pipe from the furnaces, which is led to it underground in the manner before described. This plan of ventilation is undoubtedly a good one; and if it has failed in this instance, it is only in consequence of too much work being required of the apparatus. The flues all draw the right way, but with too feeble a power to ventilate those halls which are devoted to the worst class of

patients. A lunatic hospital differs, in this respect, materially, from every other species of building, and requires vastly more ventilating power. What is sufficient for a church, a school-house, or a dwelling of any description, would be entirely inert when applied to apartments which contain many cases of mania, dementia, or idiocy. In the two upper stories, which do not contain the worst class of patients, the air is comparatively pure and good, and the present means might perhaps suffice; but in the lower halls the evil is of a magnitude to demand the early attention of the Trustees. When the house was built, means were taken by the architect to allow the upward ventilation to be substituted for the present mode, if, after trial, the latter should not be found to work satisfactorily. Either the whole ventilation may be changed, and carried upward, by flues, to the attic, and there enter the heated shaft, or, what will perhaps be a better plan, the two upper stories may be ventilated in this way, and the lower story may be ventilated as at present, using all three flues instead of one. This would increase the volume of air threefold, and would probably ventilate the lower halls sufficiently, and, at the same time, improve the air materially in the two upper stories. This mode, if it should be tried and prove successful, would be far cheaper than any other alteration that could be made, as the flues are already prepared for the purpose, and the chief expense would be, boxing them along to the shaft after they reach the attic.

The drainage from the Hospital is excellent. The sewers from the various water-closets, sinks, and bath-rooms empty into a main culvert, which, passing out under the centre building, is carried, by an easy descent, to a pond at the distance of eight hundred feet from the building. No smell has ever reached us from this, and it is so enclosed by woods as to form no objectionable feature in the grounds. At some future day it will probably prove invaluable as a source of fertilizing matter to the farm.

The following organization having been determined upon by the Trustees previous to the opening of the Hospital, after a thorough examination of the systems of other hospitals, has been carried into effect in all particulars. The general direction of all the affairs of the Hospital (subject, of course, to

the approval of the Board of Trustees, in whom is vested, by law, the management of the institution) is by them intrusted to a Superintendent, who is thus made the head of the institution in all its branches, and is responsible to them for the proper conduct of all its departments. He has the sole charge and direction of all patients, each of whom it becomes his duty to see at least once in every day, and to prescribe for each suitable medical, moral, and physical treatment. He also has charge of all persons employed in any capacity about the establishment, and is responsible to the Trustees for the proper discharge of their duties. He makes provision for all the wants of the Hospital, and is responsible for a prudent and judicious expenditure of every thing provided for it. To aid him in the performance of his manifold duties, an Assistant Physician and a Clerk are allowed him. The former officer assists the Superintendent in his medical duties, prepares and dispenses all medicines, devotes himself to the care of the sick, and sees that the directions of the Superintendent are rigorously observed by all employed in the care of patients. In the absence of the Superintendent from the Hospital, he officiates as his substitute. This office has been filled during the past four months by Dr. Z. B. Adams, Jr., who has discharged its duties in an able and acceptable manner.

The clerk keeps the records and books of the hospital, attends to as much of the out-door business as may be intrusted to him, assists in maintaining the police of the establishment, and stands ready at all times to perform whatever extraordinary services may be required of him. The immediate oversight of each wing is confided to a Supervisor, who spends his or her time in the several halls of the wing, endeavors to interest and amuse the patients, and sees that the attendants, in their intercourse with them, comply in all respects with the by-laws of the Hospital. The Supervisors also have particular charge of the clothing of patients, of which they keep an account, and see that it is properly marked and preserved.

The personal charge of patients is committed to attendants, of whom there are seven in each wing. They attend the patients at all times. They see that they rise in the morning and are properly attired for the day; that their rooms and beds are properly cared for; wait upon them at table; join in their

sports and labors ; preserve peace and harmony among them ; and finally see that, at the proper time, they retire, and are safely and comfortably disposed of for the night. Their duties are responsible, and can be discharged properly only by persons who have peculiar natural qualifications, and who bring to their discharge a steadfast resolution never to slacken their vigilance, never to lose their patience or their pride, in the full and satisfactory performance of them. They are paid liberally for their services, and none are employed or retained but those of good moral character, of intelligence, and fidelity.

Besides these, who are in immediate connection with the patients, there are various persons employed in the other departments of the Hospital—a housekeeper, who has charge of the kitchen and stores, and who superintends the cooking and distribution of food ; a baker ; a laundress, who directs the washing, drying, and ironing of clothes ; a seamstress, under whose guidance a considerable number of female patients employ themselves daily in making up clothing for the establishment ; an engineer, who has charge of the boilers, and supplies steam for the various purposes for which it is used, and attends to filling the tanks with water ; and a farmer, who has charge of the grounds, outbuildings and stock, and oversees all work done out of doors.

In all the affairs of the Hospital the Superintendent receives and acts by the directions of the Trustees, who meet monthly at the Hospital for this purpose, and to examine thoroughly its condition and expenditures. A weekly visit is also made by a committee of the same Board. Under their constant and judicious direction, and fostered by the wise liberality of the Commonwealth, the new Hospital has, by the blessing of an overruling Providence, passed safely, and it is hoped prosperously and satisfactorily, through that critical period of its history, the first year.

On the seventh of April last the first patient was admitted, and in the short space of eight weeks from that time the Hospital had received the whole number of patients for which it was designed. The rapidity with which it was filled is probably without a parallel in the hospital history of this or any other country. Receiving, as we did, so many new patients in so brief a period, and being afforded neither time nor opportu-

nity to become thoroughly acquainted with those already under our charge before we were overrun with a fresh and equally unknown throng, we have abundant reasons for congratulation, and for thankfulness to that beneficent Power which has brought us thus far with an entire immunity from accidents of all descriptions either to officers or patients. For a time, so many more patients were received than was anticipated by the officers of the institution that it was with great difficulty we could prepare a place to receive them. The following table will exhibit the present condition of the Hospital and the work of the past eight months:—

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients admitted, .	156	174	330
“ “ “ discharged, .	31	33	64
“ “ “ died, .	14	10	24
“ “ “ eloped, .	3— 48	0— 43	3— 91
“ “ “ remaining, .	108	131	239

Of those received, two hundred and eleven were from Worcester Hospital, and, consequently, one hundred and nineteen from other sources, which gives an average of fifteen per month. Assuming two hundred and eleven as the starting point, our numbers have increased twenty-eight in eight months, or three and a half per month. The same ratio of increase continued through the year to come will raise the whole number to two hundred and eighty-one patients, which is as many as ought ever to be enclosed within our walls.

TABLE No. 2,

Shows the condition of those discharged.

	Males.	Females.	Total.
Recovered, . . .	15	21	36
Improved, . . .	5	3	8
Unimproved, . . .	11	9	20
	31	33	64

Various causes have tended, during the past year, to diminish the proportion of recoveries, and will continue to operate for a time to come. A large portion of the cases transferred from Worcester Hospital were old, helpless, and demented cases. This is a class which accumulates slowly, but inevitably, year after year, in all hospitals, and from which new institutions are comparatively free; but at the very outset this Hospital was nearly filled with them. The following tables, exhibiting the form of insanity and its duration before admission, together with the average duration of the disease in those admitted from Worcester and from other sources, will readily show how much of a drawback the two hundred and eleven cases from Worcester will be:—

TABLE No. 3.

	Males.	Females.	Total.
Mania, . . .	34	50	84
Melancholia, . . .	23	28	51
Monomania, . . .	34	30	64
Dementia, . . .	65	66	131
	156	174	330

Of the one hundred and thirty-one cases of dementia, but one was an acute case; and the chronic form of the disorder is universally regarded as nearly hopeless, from which recovery is always unexpected and rare. It is a form into which the other species of insanity are apt to slide if they do not terminate in recovery. In the ordinary course of things, but a small proportion of the cases admitted are of this class, but many are added to it while in the hospital. Several years would undoubtedly have elapsed before we should, in the usual way, have accumulated one hundred and thirty-one cases.

TABLE No. 4

Shows the duration of the disease before admission.

	Males.	Females.	Total.
Less than three months, .	21	37	58
Between 3 and 6 months, .	9	9	18
“ 6 and 12 “ .	15	16	31
“ 1 and 2 years, .	21	23	44
“ 2 and 3 “ .	15	17	32
“ 3 and 4 “ .	6	12	18
“ 4 and 5 “ .	10	7	17
“ 5 and 10 “ .	30	34	64
“ 10 and 20 “ .	25	13	38
Over 20 years, . . .	4	6	10
Totals, . . .	156	174	330

Average duration of the disease:—

In those received from Worcester, 6 years, 73 days.

“ “ “ “ other sources, 2 “ 35 “

The prospects of recovery are, as a general rule, in inverse ratio to the duration of the disease, and a very large proportion of all recoveries take place during the first year. But

while this cannot be too frequently or too forcibly impressed upon the minds of the community, as an inducement to friends of the insane to place them early and promptly under the influence of hospital treatment, the fact must never be lost sight of, that occasional recoveries take place after a much longer period, and that consequently scarcely any case of simple insanity should be regarded as strictly incurable, or should be deprived of any of those means which are deemed conducive to restoration. Under all the circumstances which have been enumerated, it is a source of great gratification to know that, during the first eight months of the existence of this hospital, thirty-six fellow-beings left its threshold, restored to themselves and to their friends, and relieved from one of the heaviest calamities which can befall humanity. Eight others have been discharged improved, two of whom would, in all human probability, if allowed to remain longer with us, have been fully restored. And here it may not be improper to allude to a too common error in friends of the insane—that of removing them too soon from hospital treatment. Insanity, in its most favorable forms, is a tedious disease, and requires much patience on the part of relatives, even when about to terminate in recovery; and it should ever be borne in mind that the only question worthy of consideration in such cases is, Where will the patient have the best chance of recovery? When weighed against this, all the feelings of friends at being separated from the objects of their affections, however praiseworthy in themselves, and all other considerations, are but as dust in the balance. The management of convalescence is by no means the least difficult part of the treatment of insanity. If the patient be not kindly and carefully attended to and strictly watched for some time after the subsidence of the malady,—if dissensions, excitements, and all the causes immediate or remote, moral or physical, be not sedulously avoided,—relapse is extremely liable to recur, and all that has been gained by patient attention for months may be lost in a few days. Friends sometimes take patients from a hospital, thinking that they will try them, and that, if necessary, they can return them; but the consequences involved are too momentous for such risks, and the injury produced cannot always be remedied by a return.

There have been three elopements during the year, all of males. They were cases of long standing, and came here from Worcester Hospital. In neither of them was there any reasonable prospect of recovery; and two of them at least are probably, ere this, inmates of some other public institution. They were at work upon the new road, and ran from their attendants. The nature of the hospital grounds and of the land adjoining, consisting, as much of it does, of dense wood, together with the want of a suitable fence around the farm, have afforded remarkable facilities for successful escape. It has been thought best, however, to employ as many of the males out of doors as could be done with advantage, even at the risk of an occasional elopement.

TABLE No. 5

Shows the causes of death in those deceased.

	ales.	Females.	Total.
Phthisis, . . .	1	5	6
Dysentery, . . .	4	2	6
Maniacal exhaustion, . .	2	1	3
Fever, . . .	1	—	1
Apoplexy, . . .	3	—	3
Cancer of the uterus, . .	—	1	1
Inanition, . . .	—	1	1
Old age, . . .	1	—	1
Anemia, . . .	1	—	1
Gangrene, . . .	1	—	1
Totals, . . .	14	10	24

Our family have enjoyed a reasonable share of health during the past season, and are now remarkably free from acute diseases. Six of the deaths were from phthisis, whose victims, numerous as they are in all classes and conditions, nowhere

form so large a proportion of the deaths as among the inmates of lunatic hospitals. Three of them brightened up wonderfully in the progress of the disease, and the approach of death seemed to disperse most of the clouds which obscured their mental vision. During the months of August and September, dysentery, of rather a bad form, prevailed in the house to a considerable extent; though perhaps it was not more prevalent than it was in the neighboring town and adjoining places. Six deaths occurred from this cause. Three of the fatal cases occurred in patients who had long been feeble, and were rapid in their progress; the other three were in ordinary health. Among them was one whose dignified mien and venerable appearance impressed every beholder, and who will long be remembered by all who have been connected with him. For more than twenty years an inmate of a lunatic hospital, during which time he almost uniformly preserved the same gentlemanly and courteous demeanor, he gained the esteem and respect of officers and patients. Happy in the convictions of his boundless wealth and high and honorable position, he was disturbed only by the reflection that his confinement deprived him of the opportunity of collecting his revenues and discharging the duties of his high office. He died peacefully, at the age of eighty-four years. With the exception of dysentery, no epidemic disease has prevailed in the hospital. The cholera, several cases of which occurred in our immediate neighborhood, passed us by unscathed. In all diseases, fatality among the insane is disproportionally large. They fall easy victims to disease, while they disregard its attacks, and bear its sufferings with apathy or stoicism. This fatality is due in part to their concealment of its approach, and often obstinate and systematic opposition to all treatment, and partly to the enfeeblement of the nervous energies which already exists. There is every reason to hope that our location is a healthy one. Placed on a considerable eminence, and enjoying almost invariably, even in dog days, a stirring breeze, with an abundant supply of pure water, and excellent drainage, we ought to be able to maintain at least an average share of health.

By the following table it will be seen that a considerable majority of our patients are between the ages of 25 and 45. The average is probably considerably higher than it will be in

future, many of those admitted having been many years in another institution. Our youngest patient is a little boy six years of age, and is a great pet in one of the female halls.

TABLE No. 6.

	Males.	Females.	Total.
Under 10 when admitted, .	1	—	1
Between 10 and 15 . .	1	—	1
“ 15 and 20 . .	6	5	11
“ 20 and 25 . .	9	27	36
“ 25 and 30 . .	26	21	47
“ 30 and 35 . .	21	22	43
“ 35 and 40 . .	21	27	48
“ 40 and 45 . .	25	24	49
“ 45 and 50 . .	17	10	27
“ 50 and 55 . .	6	18	24
“ 55 and 60 . .	12	5	17
“ 60 and 65 . .	3	6	9
“ 65 and 70 . .	2	5	7
“ 70 and 75 . .	4	2	6
“ 75 and 80 . .	—	2	2
“ 80 and 85 . .	2	—	2
Totals, . .	156	174	330

TABLE No. 7

Shows the occupations of one hundred and fifty-six male persons.

Farmers,	34	At School,	2
Laborers,	26	Fisherman,	1
Seamen,	23	Tailor,	1
Shoemakers,	9	Jeweller,	1
Operatives in mills,	8	Bookbinder,	1
Carpenters,	6	Engraver,	1
Traders,	6	Calker and Graver,	1
Students,	4	Cabinet-maker,	1
Bakers,	3	Soldier,	1
Gardeners,	2	Moulder,	1
Britannia Workers,	2	Printer,	1
Merchant,	1	Turner,	1
Clerks,	2	Tinsmith,	1
Blacksmiths,	2	Teachers,	2
Stone Layer,	1	No occupation,	4
Clergymen,	2	Unknown,	4
Shovel Polisher,	1	Total,	156

The proportion of seamen in this table is unusually large, in consequence of our locality, a large part of our patients coming from the seaport towns in this section of the State. The other numbers will be found to correspond very nearly to those of similar institutions.

TABLE No. 8

Shows the civil condition of all persons admitted.

	Males.	Females.	Total.
Married, . . .	54	74	128
Unmarried, . . .	98	81	179
Widowed, . . .	4	19	23
Totals, . . .	156	174	330

All tables which have been compiled relating to the civil condition of patients strongly favor the belief that celibacy has considerable influence in inducing at least a tendency to mental disorder. This influence is probably not quite so strong, however, as the figures at first sight would seem to indicate, for two reasons: first, that a greater proportion of unmarried people, becoming insane, would be sent to the hospital, not having so many or so strong ties to keep them at home; and, secondly, those peculiarities which often precede insanity may have prevented the formation of those connections, instead of being a consequence of a want of them. That the unmarried, as a general rule, lead less regular lives, and are less settled in all their affairs, while at the same time they are more liable to various forms of vice, are sufficient reasons why they should be more prone to insanity.

TABLE No. 9

Shows the nativity of patients.

	Males.	Females.	Total.
Americans, . . .	106	99	205
Americans of Irish parents, .	2	5	7
Irish,	38	63	101
English,	3	2	5
Germans,	3	3	6
French,	2	—	2
Scotch,	1	1	2
Spanish,	1	—	1
Canadian,	—	1	1
Totals,	156	174	330

The Irish already constitute nearly one-third of the whole number, and, under the present arrangement, will probably constantly exhibit an increasing proportion. It is a well-ascertained fact, that in our hospitals a much smaller proportion of Irish patients recover than of Americans. There will, consequently, be a much more rapidly-increasing class of incurable patients among them, who will fill our hospitals, and seriously impair their value to our own citizens. They seem peculiarly apt to fall into a state of hopeless dementia, become for the most part quiet and harmless, and give to some of the halls in all State Hospitals that sleepy, lifeless appearance which is so often noticed. They are almost invariably a burden upon the State; though a few honorable exceptions have occurred in this Hospital where their board has been paid by friends who have labored hard for the means. The question is often asked why so large a percentage of the Irish population become insane. It is to be explained, I think, in part by the peculiari-

ties of their situation here. They leave their own country with the most exalted and highly-colored notions of the prosperity which awaits them in their new home, with the belief that, without much labor, they will obtain, not only the necessities of life, but wealth. And the disappointment, which awaits them, is too much for their minds, uncultivated and narrowed as they are by education and religion. Homesickness, too, is with them a frequent and powerful influence. But, besides this, much is undoubtedly due to a physical change wrought in their constitutions by the voyage and the change of climate. Every medical man, who has been brought much in contact with recent emigrants, must have observed that suppression of the natural functions of the female is so frequent as fairly to be considered a consequence. This is often of itself a cause of insanity.

TABLE No. 10

Shows the supposed causes of Insanity.

	Males.	Females.	Total.
Ill health, . . .	23	30	53
Intemperance, . . .	24	4	28
Masturbation, . . .	16	3	19
Religious excitement, . . .	10	12	22
Childbirth, . . .	—	8	8
Domestic trouble, . . .	4	8	12
Disappointment, . . .	4	7	11
Loss of friends, . . .	2		10
Trouble about property, . . .	10	4	14
Sun stroke, . . .	2	—	2
Spirit rappings, . . .	—	3	3
Paralysis, . . .	5	1	6

TABLE No. 10—*Continued.*

	Males.	Females.	Total.
Turn of life, . . .	—	3	3
Hard work, . . .	3	1	4
Sudden good fortune, . .	1	—	1
Millerism, . . .	1	—	1
Seduction, . . .	—	3	3
Ill treatment, . . .	—	4	4
Exposure to wet, . . .	1	1	2
Jealousy, . . .	1	2	3
Homesickness, . . .	—	1	1
Hard study, . . .	3	2	5
Injury, . . .	3	1	4
Use of narcotics, . . .	—	1	1
Epilepsy, . . .	9	4	13
Fear, . . .	2	3	5
Healing of ulcers, . . .	—	2	2
Suppression of menses, . .	—	6	6
Light reading, . . .	—	1	1
Unknown, . . .	32	51	83
Totals, . . .	156	174	330

We cannot place a great deal of reliance in tables exhibiting the causes of insanity, as they are, in many cases, extremely obscure, and in very many the effects are probably mistaken for the cause. A man, for instance, who has always led a sober, discreet life, temperate in all things, and prudent in business, suddenly gives way to the grossest intemperance or licentiousness, or engages in the most rash speculations; and this is mistaken for the cause, when it is in reality only one of

the first obvious effects of insanity. This is frequently the case with the practice of masturbation, the power and frequency of which, in producing insanity, have probably been greatly over-estimated. Hereditary predisposition is not classed among the causes, but, in a large proportion of cases, (the exact number of which cannot be ascertained in a State Hospital,) exerts a powerful influence. Three victims of the spiritual rapping delusion, and one of Millerism, have been admitted. Two of the former have recovered and left us; the third still remains. The case of Millerism is an old and nearly hopeless one, and presents the sad spectacle of a promising man blasted in mind and prospects by a foolish and wicked delusion. Of the known causes, 151 are physical, and 96 moral, causes. The former produce, generally, the most hopeful cases, and almost the only ones which can be benefited by *medicinal* treatment, though all may be improved by *medical* treatment, which comprises every thing connected with a hospital life. Exercise, amusements, restraint, pictures, music, reading, conversation, absence from friends, change of scene, and all the means made use of to divert the mind from its delusions, are to be regarded as treatment. All these are chiefly useful in the forms of disease arising from moral causes, and aid medicinal treatment in those arising from physical causes.

The following table is interesting, as showing the age at which insanity is most likely to appear. The largest number of the inmates of this Hospital appear to have become insane between the ages of 25 and 30; while no age has been exempt from its attacks—one losing his reason at the age of 3, and another as late as 77.

TABLE No. 11

Shows the ages at which Insanity appeared.

	Males.	Females.	Total.
Under 5 years, . . .	2	—	2
Between 5 and 10 years, .	1	—	1
“ 10 and 15 “ .	3	2	5
“ 15 and 20 “ .	14	14	28
“ 20 and 25 “ .	25	29	54
“ 25 and 30 “ .	29	36	65
“ 30 and 35 “ .	16	20	36
“ 35 and 40 “ .	23	22	45
“ 40 and 45 “ .	12	12	24
“ 45 and 50 “ .	5	15	20
“ 50 and 55 “ .	5	7	12
“ 55 and 60 “ .	7	5	12
“ 60 and 65 “ .	2	2	4
“ 65 and 70 “ .	2	2	4
“ 70 and 75 “ .	2	—	2
“ 75 and 80 “ .	1	—	1
Unknown, . . .	7	8	15
Totals, . . .	156	174	330

TABLE No. 12

Shows the last residence of patients.

	Males.	Females.	Total.
Bristol County, . . .	16	22	38
Barnstable, " . . .	3	5	8
Plymouth, " . . .	7	13	20
Dukes, " . . .	1	1	2
Norfolk, " . . .	16	20	36
Middlesex, " . . .	5	3	8
Franklin, " . . .	1	—	1
Essex, " . . .	1	1	2
Suffolk, " . . .	—	4	4
Worcester Hospital, . . .	106	105	211
Totals,	156	174	330

TABLE No. 13

Shows by whom the inmates of this Hospital have been supported.

	Males.	Females.	Total.
Supported by the State, . . .	53	94	147
Supported by towns, . . .	50	69	119
Supported by friends, . . .	33	31	64
Totals,	156	174	330

This table is in some respects imperfect, as the board of many patients is paid in part by their friends, and in part by the towns. Such cases we have marked as supported by towns.

TABLE No. 14

Shows the proportion of Committals.

	Males.	Females.	Total.
Committed by Court, . . .	30	38	68
Committed by the Governor, . .	106	105	211
Committed from State Almshouse,	4	8	12
Boarders,	16	23	39
Totals,	156	174	330

At an early period after the opening of the Hospital your Board determined upon the removal of the strong-rooms, the use of which, in the manner in which they were designed to be used, (as permanent abodes of lunatics,) would have been a disgrace to any institution. This removal was accordingly accomplished, and in their place were erected thirty-two pleasant rooms, each having a window opening to the external air. These rooms are now among the most cheerful and desirable in the house. No person has seen as yet, I trust, any reason to regret the change. Those removed were the relics of the superstition and unfounded fears of a by-gone age. Continual confinement in such rooms breeds ferocity and filthy habits, till at last the wretched inmates seem indeed really fit for no better place. But a return to freedom, and strict attention for a time to the laws of cleanliness and decency, soon transform them again to human beings. As a general rule, it may be stated with confidence that all means which seek to lessen the necessity of vigilance on the part of attendants, and substitute physical bars for it, are injurious. When a patient is placed in a strong-room, where it is supposed that he is safe, the attendant feels that the responsibility and care are removed in a great measure, and it is almost inevitable that he should neglect him. Freedom from all physical restraint, whether in strong-rooms or by mechanical apparatus, accomplishes two important points. First, it removes the greatest

source of irritation to the patient, and induces him or her to attempt (no matter however feebly) to control themselves. When patients are placed in strong-rooms, they feel that we have given up all means of control except physical force, and they feel at liberty to throw away whatever of self-control remains in their own minds, (and there is always more or less,) and to rave and tear without compunction or limit. And, secondly, as it requires a much greater degree of vigilance on the part of the officers and attendants, it secures to them a much greater amount of attention. The value of the absence of restraint is so obvious, however, that it is not worth while to argue the matter. The only question which can be brought up is, Can it be safely dispensed with? To this I would say, that, while we had strong-rooms, we never used them; that confinement in the ordinary sleeping-room is rarely resorted to, and never permanently; and that, out of New England, strong-rooms, constructed as ours were, are unknown in lunatic hospitals. During the eight months since this Hospital was opened there have been received every class of patients. Of the two hundred and eleven who came from Worcester, no selection was made in our favor; of the one hundred and nineteen received since, it is fair to suppose that the average share were troublesome patients; and, if not, it would be exceedingly improbable that there should not have been a few, at least, who would try the system thoroughly. But not a single case has occurred to make us feel the need of any thing different from the ordinary room. Vigilance, attention and kindness are stronger than walls of stone or bars of iron. If an insane man is shut up in a gloomy cell day after y and week after week with no intercourse with his fellows or occupation for his hands or his mind, is it strange that he sets himself to work to break out of his prison, in which he not unfrequently succeeds, though the most solid walls oppose his progress? Instances have occurred in which, with a slight, and one would think altogether insufficient, weapon, such as a tenpenny nail or a piece of earthen ware, maniacs have broken through walls as thick as those of our strong-rooms in a single night. But if these men were allowed the liberty of a large hall in the daytime, and, under proper restrictions, intercourse with their fellows, and, at the same time, employment

for their hands, they might be placed in an ordinary room at night without fear. By taking from them, in a measure, the feeling of imprisonment, we should remove the temptation to violence; while intercourse with others and occupation would take away that restlessness which, except in cases of absolute dementia, is an inevitable consequence of seclusion and idleness. Many patients in strong-rooms soon refuse to wear clothing, and tear it off as fast as put upon them. Some even refuse a bed, and lie naked in the straw, wallowing like brutes. This disregard of all the laws of humanity and decency, which is inseparable from the use of strong-rooms, demands their entire disuse. There is no necessity that any insane person should be suffered to go unclothed or without a bed to lie upon. Even the worst cases which have been long in this state, upon being restored to comparative freedom, and having a watchful eye ever ready to see and a kind and gentle hand ever ready to adjust their clothing, soon regain their sense of decency. Even if this were not so, and there were no prospect of keeping them decently attired except by constant attendance, humanity demands that it should be done.

The only mechanical means of restraint made use of in this hospital are the ordinary leathern strap passed around the waist, with leathern rings attached for the wrists, and the camisole. The former we use with male patients, when required—which is seldom, only one man wearing them at the present time, and often none being in use in the house. The latter is now the only means used with females. It consists of the ordinary waist, made of some strong materials, with the sleeves made longer than usual, and sewed up at the ends. The arms are then folded across the chest, and the ends secured behind. We seldom have more than four patients who wear this dress. It is easy; does not chafe, or strain, or bind; is effectual in preventing the use of the hands for striking or tearing clothes; and, if worn under an ordinary dress, avoids much of the appearance of restraint. Without doubt, even this might be dispensed with in every case. But occasionally there are instances, and they are exceptional ones, where the constant presence and frequent interference of attendants seem to be a greater source of irritation than mechanical means; and in these cases its use is attended with advantage. With a num-

ber of attendants necessarily so limited as ours, it also sometimes becomes necessary.

In traversing the halls of lunatic hospitals, even those where no expense has been spared in any department, every person must be struck with one great want, which stares him in the face at all points; I mean the lack of occupation. At least two-thirds of the inmates of lunatic hospitals are capable of some employment, and need it as much as sane people, or more. And yet, even in institutions where the greatest pains have been taken to introduce new amusements, and every thing which can make the time pass agreeably and profitably, a great portion of it is spent by most of the inmates in sheer apathy and idleness, brooding over their unhealthy fantasies. In acute cases, after the excitement has passed away, I believe that employment of some sort is more important than it is in any other situation in which a man can be placed. The great object of treatment in such cases must obviously be to divert the attention from self, from the subjects of delusion, and fix it, without exercising it severely, on some other interesting object. This can in no way be so effectually done as by interesting the patient in some occupation. In melancholy cases, what so likely to be beneficial in calling the mind away from gloomy meditations? And in all how necessary is employment to induce sleep, which is so frequently disturbed in insanity, and to promote the health of all the animal functions, which is so important to health of mind? Amusements will do much, but they soon tire of them; they require to be very varied, and are attended with more expense than every institution can afford. But employment is more useful than them all, because more permanent in its interest, more general and less exciting in its effects, and because with it we can reach more patients. The want of occupation is of course more sensibly felt where the patients are generally of a working class, which is the case in State institutions. Many of them cannot be interested much in amusements, and comparatively few of them care much for reading. But nearly all are used to work, and would be happier for having something to do; many would embrace it with alacrity. The following table will show the previous habits, as far as they can be ascertained, of both male and female patients:—

TABLE No. 15.

	Males.	Females	Total.
Accustomed to active employment,	129	139	268
Accustomed to sedentary employment,	19	24	43
Having no occupation,	4	11	15
Unknown,	4	—	4
Totals,	156	174	330

To satisfy the wants of a large establishment, and to afford enough to do at all seasons of the year, there must be a variety of employment. The farm, the best of them all, is comparatively useless in winter and for females. The only expedient is to have workshops for each sex, with a variety of work enough to suit all who are capable of it and likely to be benefited by it. And as the commencement of a plan, which I trust will always be kept in view in this institution, and will hereafter be fully carried out, I would respectfully recommend that the two principal stories in the brick building in the rear of the hospital be suitably fitted up as rooms for work of different kinds for the male patients, and that they be supplied with the necessary tools and fixtures for carrying it on. A place for the exercise and employment of female patients can only be obtained by erecting some new building. A building as large as the bowling alley now being erected for the men, and placed in a corresponding position in the rear of the female wing, would afford ample room for a gymnasium and for a large work room, for which we have at present very imperfect arrangements in the house, the only room we can occupy for that purpose not being capable of accommodating comfortably twenty persons. A building to be used as a grapery and conservatory would be a source of much pleasure and benefit, and would be attended with merely the original cost of the building. At the Pennsylvania Hospital for the Insane, their grapery, which is taken care of by the patients, is quite profit-

able, and the income from it above the expenses is sufficient each year to provide them with many desirable additions to their means of improvement. Few natures are insensible to the beauties of flowers; their effects upon the mind are soothing and pleasing; and they are therefore to be as much regarded as remedial agents, as drugs, or exercise, or amusements.

During the past summer forty men have been occupied in various ways out of doors; and during the next season this number can, without doubt, be largely increased. They have almost uniformly worked well, and with zeal and interest, and not a few of them have manifested decided improvement while under its influence. Several, who, when shut up in the halls, were noisy and troublesome, and had disturbed nights, became quiet and manageable, and slept soundly. Besides these, about ten more have been pretty constantly employed in doors in the various offices and duties of the household. Of the females, about thirty have been employed in the sewing-room, laundry and kitchen. And a much larger number can be employed with profit to themselves, during the next year, if suitable accommodations were provided.

During the winter, the long evenings are the times which seem to call most for occupation and amusement. For these we have various resources, with which we endeavor to occupy every evening in the week except Saturday and Sunday. The dissolving views, by means of two magic lanterns, afford a very pleasant and useful entertainment for one evening in each week. Interspersed with music, for which we have good facilities, and which is one of the best influences, because it fixes the attention without taxing it severely, and with a sufficient number of views to vary the entertainments, this may justly be considered one of the best ways of spending a winter's evening in a lunatic hospital. A pair of small but excellent lanterns, with a limited number of views, have been purchased for the Hospital during the past year. These are commonly used in the large parlor at evening parties. Besides these, by the generosity of S. O. Dunbar, Esq., of Taunton, we are allowed the use of his fine large lanterns, and a large number of most excellent pictures, which are exhibited in the chapel. Many an hour has been pleasantly whiled away in this manner which would otherwise have been spent in gloomy despond-

ency or fretful impatience. On two evenings in each week we have a singing school, which is attended by about forty of each sex. This has been already attended with the happiest results; and, while it has been a source of great enjoyment to all, to not a few who have participated in its exercises it has been a decided benefit. Great interest is manifested and good proficiency made by the school. The most perfect decorum always prevails. Oral instruction is given, and questions are then asked to test the knowledge and memory, which are answered with a great deal of unanimity and promptness. Perhaps, during the next year, some other classes might be formed with advantage—a writing class, for instance, and one for drawing. Those employments in which they can see a manifest result from their labors, either in something produced or in something which they learn, are the best for insane patients, many of whom need all the stimulus to exertion which can in any way be imparted. Social parties are held on one evening in every week in the large double parlors, at which as many as fifty patients, the sexes in about equal proportions, have been present. Various games, music and conversation, make the hours pass merrily, and break up the monotony of hospital life.

A small but well-selected library for the use of such as can appreciate and benefit by it is much needed, and calls for the early consideration of the Board. Newspapers are seized with avidity, and constitute for many the best kind of reading, consisting as they do of short articles, not calculated to excite a continued or painful interest. But there are some who crave something more than this, and would be benefited by it. We are under obligations to the publishers of the Taunton Democrat, American Whig, Fall River News, Hingham Journal and Salem Observer, for copies of their papers sent to us gratuitously. If the publishers of other newspapers, in this part of the State particularly, knew with what eagerness they are sought, and how much pleasure and comfort they afford, our list would doubtless be much larger. A bowling alley is being built for the male patients, and will shortly be completed. It is made in the best manner and of the best materials, and great calculations are made for future sport there.

The farm is a poor one, the soil generally light and sandy, and probably can never be made very productive. Looked upon, however, in the light of a means of healthy employment, and consequently of a remedial agent, its value to the Hospital is incalculable. The facilities for improving it are good. With a large stock of cattle and swine, which are necessary appendages to the establishment, and with the drainage of the house, a large supply of fertilizing matter will be annually afforded.

The products during the past year have of course been very small. Only ten tons of hay were cut; and this, with a few hundred bushels of corn and pease, constituted our whole crop. But something has been done towards improving it for another year. A fine avenue has been built, one-third of a mile in length, from the Hospital to the public road. This has been done in the most substantial manner, the whole distance having been excavated to the depth of from six inches to three feet, and filled in with stone and gravel. Upon this work from twenty to thirty patients were constantly employed for nearly three months. It was to them a good and a pleasant work, and all became interested in its progress. Considerable grading has been done about the hill, and many hundred loads of soil have been drawn from the woods, the river, and the marsh, to cover its sandy and barren surface. Post-holes have been dug, and posts prepared and set, for one mile and a quarter of fence. The latter work, which is of great importance to us, will be soon completed, and the whole farm be surrounded by a good picket fence, seven and a half feet in height except where it is bounded by the river. During the early part of the season we were subjected to great annoyance from thoughtless visitors, who, attracted by curiosity, flocked around the building in large numbers, especially on Sunday, and were a source of no inconsiderable excitement, particularly to the patients in the lower story. It is very important that the grounds of a lunatic hospital, which are capable of affording so much pleasure and comfort to all patients who are able to walk out, should be kept entirely private, and that patients should be able to go to any part of them at all times without being subjected to the gaze of the curious or the intercourse of the evil disposed. But their value as a place for exercise and

recreation has been to a considerable extent impaired during the past season by the want of any protection from without.

The expense of the fence will be about thirty cents per foot. To finish the bowling alley and fence will require all that remains of the appropriation granted us last year by the Legislature for improvements; so that, unless a new appropriation is asked for and granted, many things which seem almost indispensable must be neglected for the present. The income of the institution is now, without doubt, sufficient to meet all its ordinary expenses. But the Hospital being a new one, many wants are constantly arising, or rather I should say remain unsatisfied, which, when once attended to, will not occur again, and which cannot be paid for at present out of our current income without an injurious retrenchment in some other direction. It would be an act of injustice to patients now in the Institution to oblige them to pay for permanent improvements the benefits of which will be equally shared by all who may come after them.

Some of these wants have already been alluded to under their appropriate heads. There are some others which I will briefly mention:

Both comfort and economy call for an entire and immediate alteration in the present means of cooking by steam. The method now in use allows the free escape of steam into seven tin boilers. This is attended with great inconvenience, on account of its filling the kitchen and adjoining rooms with a dense cloud of steam whenever cooking is going on, and also with a great loss of steam, which, if elsewhere applied, would perform no inconsiderable part in heating the house. By substituting for these boilers the double iron kettles, which are boiled by means of steam passing round the kettle, but not escaping, the inconvenience would be remedied and the loss prevented.

In the halls, considerable work is still required to make them in all respects comfortable and desirable. All the verandas and bay windows need to be provided with good substantial seats. The bay windows in the lower story are so provided, and are the most comfortable and social places in the house. Glazed sash is needed to put up in all the verandas during the winter, to protect them from the weather. As

they are now entirely open, we have been latterly obliged to dispense with their use. A suitable carriage for the use of feeble patients seems also to be among the necessities of a lunatic hospital. Walking is better for the large majority of patients; but there are some, who, unless they ride out, must confine themselves for the year round to the house.

Before another season the cupolas and roof about the centre building will need pretty thorough repairs. The cupolas have leaked badly from the commencement, and every succeeding storm seems to beat in more and more. Slight repairs have been made upon them already at various times; but it is evident that something more efficient, and involving more expense, must be done ere long.

Religious exercises have been held in the chapel every evening before retiring to rest, and are attended by about one-half of the patients. On each Sabbath there has been one service, at which the clergymen of the town have officiated in rotation, in a most appropriate and acceptable manner.

To the Board of Trustees, for their untiring devotion to the interests of the institution, and for their prompt and decided action in all matters concerning its welfare, must be chiefly attributed whatever measure of success has crowned our efforts to place this hospital upon a footing, which shall compare favorably with similar institutions. Their frequent visits to the hospital, and the free bestowal of time and labor to its service in its early days, which all have made, will exert an influence upon its prosperity which will never cease to be felt. For frequent acts of personal kindness and attention to myself, I must take this opportunity to express my heartfelt thanks.

GEORGE C. S. CHOATE.

✓ SECOND ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

DECEMBER, 1855.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1856.

SECOND ANNUAL REPORT
OF THE
TRUSTEES OF THE STATE LUNATIC HOSPITAL,
AT TAUNTON.

To His Excellency the Governor, and the Honorable Council:—

In obedience to the requirements of law, the Trustees of the State Lunatic Hospital at Taunton have the honor to submit their Second Annual Report.

At the date of the last Report there were 239 patients in the Hospital, since which time 167 have been received, and 144 have been discharged or died, leaving under care at the close of the present year 262. Of the patients admitted during the present year, 109 were sent to the Hospital by the public authorities, and 58 by their friends. Of the patients discharged or died, 94 were supported by the public authorities, and 50 by their friends. The whole number of deaths has been 38. Of those discharged 70 were cured, 20 were in different states of improvement, 14 were without any material improvement, and 2 eloped. But these details will appear with more fulness and precision in the Superintendent's Report.

When the Institution was first opened in April, 1854, 211 patients were received from the State Hospital at Worcester. 24 of these (13 of whom were desperate, and all of them undesirable cases,) did not belong to the district from whose limits

this Hospital was to receive its inmates. Most of the 211 probably belonged to the class termed *incurables*. Only 22 of them have recovered. While of those received from other sources 86 have recovered. This disproportion would seem to indicate, that the Worcester patients sent to Taunton could hardly have been a fair average of the inmates of that Hospital. There is no desire to make this the ground of complaint, but what is believed to be the fact is thus stated, in order to account for what might otherwise seem the small proportion of recoveries in a new Hospital. Old, helpless, and demented cases must of necessity accumulate in all hospitals, but gradually; while by the transfer from Worcester this Hospital was nearly filled with such at the very outset.

Of the Worcester patients several have been confined, before their removal, for a longer or shorter time, *in strong rooms*. As was stated in our last year's Report, the Trustees of this Institution caused the forty-two *strong rooms*, which the Hospital contained as originally constructed, to be demolished, and other and suitable apartments to be constructed in their stead. They desire to call renewed attention to the admirable working of this improved system, the entire absence of close confinement and physical restraint,—a system in which humanity and sound policy go together hand in hand. In no instance has the want of close cells been felt, and not the slightest trouble has been experienced in controlling the movements and governing the conduct of those hitherto most furious and filthy. Left perfectly free, so far as physical restraint is concerned, those very patients who have heretofore been caged like wild beasts, and feared as such, during the past year, have gone about among their fellow-beings, tidy in appearance, quiet in demeanor, and with no evil consequences to themselves or others. Thus the experience of another year is added to, and confirms and crowns the experience of last year. And so happy are its results, that we feel constrained to urge upon all, who have the care of the insane, to abandon what we regard as the barbarous relics of an ancient but mistaken policy, and at least to try the experiment of that system, which is based upon the enduring principles of human kindness and love.

The operations of the Institution during the last year have been satisfactory and encouraging. Besides those who have

been restored to health, many others have been made comparatively happy, and have been enabled to enjoy those comforts of life to which before they had been strangers. There has been a reasonable immunity from sickness, and no epidemic has prevailed. Great harmony and good feeling have characterized the intercourse of the officers and attendants of the Hospital with the Trustees, with each other, and with the patients. Many of the practical inconveniences, attendant upon the first workings of a new establishment, have been gradually disappearing; many early mistakes and errors, as they discovered themselves, have been one by one corrected and remedied, and many wants have been supplied. The improvements about the grounds of the Hospital have been carried on as extensively as the means at hand would warrant. Much still remains to be done. But in a few years, when art and industry shall have further embellished the place, for which nature has done so much, there will be few spots more beautiful than the seat of this public charity.

By an Act of the last Legislature, the sum of fifteen thousand dollars was appropriated "for the erection of additional buildings, and for further improvements." There has accordingly been erected, as a laundry, a two-story building, 75 by 18 feet, disconnected from the main buildings, and supplying a want which was very pressing, at a cost of about \$2,100. A new boiler has been put into the engine building, doubling the former power, at an expense—including setting and a new tank—of about \$1,600. The fence about the grounds has been completed, with a substantial and elegant gateway, at a cost of about \$1,000. A carriage, large and convenient, for the recreation of patients, has been procured, with horses and harnesses, at a cost of \$903. These, with other items of expenditure, will be found in the Appendix marked "A," hereto annexed. An examination of it will show, that of the appropriation of \$15,000, \$8,319.07 has been expended, and liabilities incurred for \$2,000 more, thus leaving a balance of about \$4,700. This excess of means over wants is unfortunately only *apparent*. One of the main objects to be secured by the appropriation of the last Legislature, was a thorough improvement in the ventilation of the Hospital buildings, which was found on trial to be quite imperfect. Owing to the inherent difficulty of accom-

plishing this object in buildings already constructed and finished, without what might seem an extravagant outlay, the Trustees delayed attempting any improvement, until by mature consideration and personal inspection of apparatus and means used in other institutions they could determine on that plan, which on the whole would be at once the cheapest and the best.

A short time since, the Trustees visited the public and private institutions in the State of New York, and at Utica they found, what appeared to them, a method of ventilation, not only admirable in itself, but well adapted to the peculiar construction of the buildings at Taunton. This matter must necessarily be postponed until the spring, as the work could not be done economically, if at all, at this season of the year. But, at the earliest practicable moment, the Trustees desire to proceed with this improvement, believing that the real wants and true interests of the Institution committed to their charge imperatively demand it. The whole cost, it is estimated, would amount to \$10,000; so that, as will be seen, instead of having an unexpended balance of last winter's appropriation at the disposal of the Hospital, there will be needed, to secure *only* its objects, a still further appropriation.

But there are yet other wants to be supplied. Much is yet needed, in the way of furniture. Most of the halls and apartments are scantily furnished, and look unattractive and bare. Especially did this seem to the Trustees to be the case, after visiting the institutions in other States. It is hardly necessary to add, that whatever tends to render the place of confinement or retreat of the insane pleasant, cheerful, and home-like, does much to make them contented, happy, and easily governed, and constitutes the first and longest step towards their final recovery. The body is to be exercised by willing labor and agreeable sports; the intellect to be moderately excited by instruction and exhibitions of art; pleasant sights are to attract the eye; pleasant sounds to charm the ear: and only by means of all such instrumentalities, joined to the patient and unremitting labors of medical science, can we hope to secure the objects, for which the State has hitherto so freely lavished its treasure. One of the objects is not merely to shut up, out of harm's way, those unfortunate fellow-beings, whom an inscrutable Providence has

bereft of reason, but to restore them to themselves, to their friends, to society :

—— “ to minister to the mind diseased ;
Pluck from the memory a rooted sorrow ;
Raze out the written troubles of the brain : ”

to do that, which, of all human effort, approaches 'nearest the Divine, to renew, to revive, to recreate that soul, whose original creation was God's greatest work.

To meet the most pressing of wants, such as those suggested, together with the cost of the proposed improvements in ventilation, would require, in addition to the unexpended balance now in our hands, a sum of not less than ten thousand dollars. Believing that the Commonwealth, in founding this Institution, calmly determined to make it productive of the greatest possible amount of good, and not to let its usefulness be diminished from want of necessary means, the Trustees respectfully, but confidently, ask for an appropriation of the sum above-mentioned.

There is one other point to which the Trustees would call especial attention. Of the patients received in the Hospital the present year, three have been brought from the State Prison, (two of them homicide,) and three from Houses of Correction or Jails, convicts, of course, and undergoing sentence. It is respectfully suggested, whether it is proper, or expedient, to associate with the unfortunate insane, criminal offenders, guilty, perhaps, of the most revolting crimes. They are not, it is to be remembered, persons who have violated the laws when not in their right minds, and been found “ not guilty by reason of insanity,” but those who have been convicted of crime, and who, through remorse, despair, or mortification, have afterwards become the subjects of mental alienation, or, as may possibly often be the case, and, in the judgment of the Trustees, has been the fact in one instance, which has come within their observation, have simulated insanity, in order to exchange the irksome toil and rigid discipline of a prison life, for the ease, comfort, and comparative pleasures of the Asylum. Would it not be better to have such remain in the places of confinement, to which they have been sentenced, so long as they can there (as at the State Prison, for instance,) be safely and comfortably cared for, than

to send them where they are sources of annoyance and offence to those who, although bereft of reason, yet, as it were, instinctively, shrink with horror from the sight or the touch of the hardened felon? In this connection it may not be improper to add to our own limited experience, the testimony of others. In the Report for the year 1853, of the Trustees of the State Lunatic Hospital of Pennsylvania, occurs the following passage:—
“The commission provided for by the Act of the legislature of 1852, recommended that eight of the insane convicts, then confined in the Eastern Penitentiary, should be transferred to this institution, and the report of that body having been approved by the executive, these individuals were received in February last. Although understood to be among the least objectionable of those offered for examination by the commission, most of them have proved very undesirable patients for this institution, and, in spite of the utmost vigilance, four of them have escaped, and have not since been heard of. This Board have confidence that the commission referred to, will not, without due deliberation, send any convicts here, but at the same time they are more fully convinced than ever, that a proper regard for the best interests of the community, and the welfare of the patients in a State Lunatic Hospital, requires that such provision should be made for the dangerous class of insane prisoners, *within the walls of the penitentiary*, as will secure to them all the benefits of proper treatment, answering fully every claim of humanity and justice, without unduly exposing their innocent fellow-citizens to injury.”

At all events, if the present system is to be adhered to, the Trustees would suggest, that an equal division of this very undesirable class of patients should be made between the different State Hospitals, and that they should not be forced upon one institution. And in order, also, that there may be uniformity and impartiality in this respect, the Trustees would further submit that the superintendent of *each* State Hospital should be added to the commission, whose province it is to determine upon the insanity of any convict in the State Prison, with reference to his removal to a State Hospital.

Among the items of the account in Appendix “A,” is one item of \$182.11, entitled “Trustees’ expenses.” That there may be no misunderstanding, it is thought proper to state, that this item

covers all the actual necessary expenses of the Board during the late visit to New York, which occupied a week, and during which, it is to be hoped, its members derived some information, and received some hints which may not be without use and application at home. This is the only charge of the year in behalf of Trustees. They have met monthly at the Hospital, and a committee of the Board have made weekly visits, but without any expense to the Institution or the State, having been conveyed to and from the Hospital by the liberality of the railroad companies, free of charge. They will feel amply compensated if their humble services have been the means of aiding at all in the success of one of those noble Christian enterprises, which redound to the glory of our beloved Commonwealth.

The Trustees are unwilling to close their brief Report, without embracing the opportunity to express their continued confidence in the sound judgment, great skill, and patient and untiring devotion to the interests of the Institution, of Dr. Choate, the Superintendent. The early promise has been well fulfilled, and it is indeed fortunate for the State that she has at the head of this great charity so capable and faithful a public servant.

WM. SUTTON.

CHAS. EDWARD COOK.

G. R. RUSSELL.

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GEO. HOWLAND, JR.

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APPENDIX.

[A.]

*Account of Payments made from the appropriation of \$15,000
granted by the last Legislature for improvements.*

For Carpenter's work in the house, on fences, &c., . . .	\$793 76
" " on bowling alley,	284 13
Maple plank, ninepins and balls,	124 00
Lumber, \$285.29; painting, \$33.50; paints, nails, &c., \$193.64,	512 43
Mason's work, \$287.43; iron work, \$26.87,	314 30
Felting for main steam pipe,	24 40
Carriage, \$403; horses, \$400; harnesses, \$100,	903 00
Carpeting, \$69.72; furniture, \$426.50; bedsteads, \$385.57,	884 79
Trees, \$65; engravings, \$43.62,	108 62
Stone posts, \$560; gates for main entrance, \$450,	1,010 00
Mason's work and materials for washhouse,	600 00
Carpenter's work and materials for washhouse,	1,150 00
Flagging, \$60.97; fire-brick, \$35.83,	96 80
Surveying, \$8; plans, \$11.70,	19 70
New boiler, tank, and pipes,	1,311 03
Trustees' expenses,	182 11
	<hr/>
	\$8,319 07

In addition to these payments there are now due for work about new laundry, fixtures for the same, repairs on steam-pipes, a small out-building, and sundry small matters, about \$2,000. When these are paid, there will remain out of the appropriation an unexpended balance of about \$4,700.

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the Hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending November 30th, 1855, is respectfully submitted to the Board of Trustees:—

Receipts.

Balance in the hands of the Treasurer, Nov. 30, 1854,	\$625 71
Received from State Treasurer, for support of patients,	7,297 99
" " Towns, for support of patients,	11,964 29
" " Individuals, for support of patients,	4,791 45
" " Sale of sundry articles,	233 46
Loan from Machinists' Bank,	9,775 ¹ 00
	<hr/> \$34,687 90

Payments.

Paid on account of supplies,	\$16,294 55
" " fuel and light,	3,945 70
" " labor,	6,513 99
" " farm,	1,648 14
" " furnishing,	3,135 66
" " incidentals,	1,212 64
" " repairs,	179 74
Balance in Treasurer's hands,	1,757 48
	<hr/> \$34,687 90

GEO. C. S. CHOATE.

STATE LUNATIC HOSPITAL, Taunton, Mass., Dec. 28, 1855.

The undersigned, a committee for the purpose, have examined the accounts of Geo. C. S. Choate, the Treasurer, and the vouchers for the same, for the past financial year, and find them correct. The balance in his hands, carried to new account, is seventeen hundred and fifty-seven dollars and forty-eight cents.

GEO. HOWLAND, JR.
CHARLES EDW. COOK.

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton :—

Gentlemen:—The passage of another year, with the duty which it imposes of reviewing the past and examining the present, cannot but press home to the minds of us all the serious and solemn inquiry, whether the Institution under our charge is accomplishing all that it was designed to do, all that it ought to do, for the relief and benefit of the suffering class for whom it was established. To answer this question satisfactorily, an inspection of the records of the Hospital, with the tale they tell, of admissions, recoveries and deaths, however useful in itself, is not altogether sufficient. Much good may have been accomplished which cannot be placed on record, nor computed in statistics.

Much the larger portion of the inmates of this and every other lunatic hospital are incurables, many of them lingering year after year in its halls; and, unless all proper means have been made use of to secure their comfort, to calm their excitements, to bear with patience the out-pourings of their diseased passions, to beguile their long, weary hours, and to improve, as far as may be, their habits and thoughts,—no hospital, however large may be the proportion of its cures, can be said to have done its whole duty. The good government and successful career of a hospital are seen best in little things, in daily cares, each trifling in itself, but in the aggregate deciding the comfort or misery of the household,—in the patience with which the daily petty vexations are met and borne, most of all in the persevering spirit of kindness and gentleness, which will overcome the most ferocious and savage minds.

Another question, no less important for us to ask at this recurrence of another year, is, Have we improved in condition,

in resources, in the means of restoring the curable, and comforting the incurable, since last we performed a duty similar to the present? We are not likely to stand still. If we cannot show that our means for good are increased, that the comforts and conveniences of the household are greater, the diversions more numerous, our skill likely to have been increased by experience, we may be pretty sure that our position has retrograded. To elucidate these questions, and to answer them fully and frankly, is the main object of this annually returning duty. As to the daily progress of the Hospital, and its mode of management, whether by gentle, kind and moral agencies, or forcible, harsh and peremptory,—whether having in view the best good of the whole family or not,—whether well calculated to soothe, to comfort and restore,—your own observations, made in frequent and scrutinizing inspections and visits, have better informed you than any words of mine can, and render it unnecessary for me to do more than allude to a few points. Since the opening of the Institution it has been the constant aim of its officers, under direction of your Board, to carry out, as far as could be, consistent with safety, the principle of depending upon moral means, upon kindness and vigilance, and of dispensing as far as possible with physical force and restraint. In accordance with that design, at an early period in the first year of its existence, that important change was made, which was spoken of in the last Report, of substituting comfortable and pleasant rooms for the barbarous and prison-like cells which had been provided for the use of furious patients,—a change which has received the approval of some and the condemnation of others,—but the utility of which, I am happy to say, another year's trial has only the more strongly confirmed. It seems to me, that, in forming an opinion regarding the character of a hospital, the best and fairest estimate is to be made from the care which it bestows upon this very class for whom those strong rooms of ours were designed, the incurable, the furious and the filthy. The interesting cases, the convalescent, the gentlemanly and lady-like patients, with merely a few harmless delusions, which offend no one, will be treated with kindness and attention every where, both in hospitals and out of them. Many of them are agreeable and amusing associates,—all of them are in just the situation to gain our sympathies and interest. And the

lunatic hospital. To say nothing of the risk of their escaping, and the dangers to which the poor inmates of the hospital are exposed from them, the mingling together of the unfortunate with the criminal, of the innocent sufferer with the convicted felon, is at once repugnant to our feelings, injurious to the reputation and success of the hospital, and the source of much anxiety to friends, and subsequent mortification of those who, when suffering from disease, have been brought in contact with them. As good provision might be made for them in the prison as for patients with any other disease. If a man is attacked with a fever, with dysentery, or with consumption, while undergoing the sentence of the law, he is not taken without the prison walls, and, in ordinary cases, he should not if he becomes insane.

During the past year, restraint, by means of mechanical apparatus, has been rather less than during the previous portion of a year. And the fact, that for nineteen months, during which the Hospital has been in active operation, no accident of any kind worth mentioning has occurred, to either officers or patients, conclusively proves the *safety* of our course.

The first years in the life of a hospital are, of necessity, more stirring, and full of activity and change, than the subsequent ones, and the past twelve months have glided rapidly by, shortened by the numerous extra labors and cares of the young establishment. It has been a pleasant, and, we trust, a prosperous year for all, and leaves us better prepared than we were at its commencement for carrying out the beneficent designs of the founders of the Institution. The following table, showing the number of patients at December 1, 1854, and the number of admissions, discharges, and deaths, since, will afford some idea of the work of the year, and of our present condition:—

TABLE No. 1.

	Males.	Females.	Total.
No. of Patients remaining November 30, 1854,	108	131	239
No. of Patients admitted since November 30, 1854,	83	84	167
No. of Patients under treatment during year,	191	215	406
No. of Patients discharged during year,	46	58	104
No. of Patients died during year,	17	21	38
“ “ eloped “	2— 65	— 79	2— 144
“ “ remaining Dec. 1, 1855,	126	136	262

The admissions have averaged fourteen per month. Last year, owing probably to the fact that many patients were sent here, who had been unable to gain admission, previously, to the Worcester Hospital, on account of its crowded condition, the average was fifteen, per month. Much the largest number of admissions have been in the summer months—the smallest in winter.

Admitted in December, 8 ;	in January, 3 ;	in February, 10 — 21
March, 16 ;	April, 22 ;	May, 16 — 54
June, 29 ;	July, 20 ;	August, 16 — 65
September, 9 ;	October, 6 ;	Novemb'r, 12 — 27
Total, 167		

Our excess of females is somewhat diminished this year, and the sexes are nearly in even numbers. This is in consequence of a larger number of females having been discharged and died, the past year, the admissions having been very nearly equal. Two men, it will be seen, eloped—one a German, the other an Irishman,—both were old, harmless, and hopeless cases.

TABLE 2,

Shows the condition of those discharged.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	34	36	70	15	21	36	106
Improved, . . .	8	12	20	5	3	8	28
Unimproved, . . .	4	10	14	11	9	20	34
Totals, . . .	46	58	104	31	33	64	168

The average time of residence in the Hospital, of those who have recovered, has been one hundred and thirty-four days. The shortest residence, eleven days, the longest, five hundred and nine. Of the one hundred and six who have recovered since the opening of the Hospital, but twenty-two were among those who came from Worcester Hospital, or about nine per cent., which well illustrates the general character of those received from that Institution, to which allusion was made in the last Report. Twenty-eight of the same class have died, twenty-four have been discharged, unimproved, seven, improved, and four have eloped. So that out of the two hundred and eleven, first sent us from Worcester, there now remain one hundred and thirty-three. With one or two exceptions, they are nearly hopeless cases.

TABLE No. 3.

Shows the character of insanity in those admitted.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	48	47	95	34	50	84	179
Melancholia, . .	11	5	16	23	28	51	67
Monomania, . . .	7	8	15	34	30	64	79
Dementia, . . .	17	24	41	65	66	131	172
Totals, . . .	83	84	167	156	174	330	497

The great difference manifest in the proportions of the different forms of disease between this year and last, is due, also, to the fact of our having received, during the first year, so many old cases from Worcester. This year the cases of mania, most of them acute, and as a class offering much the fairest prospect of recovery, comprise more than one-half of the whole number admitted. Last year they were about one-quarter.

TABLE No. 4.

Shows the duration of the disease before admission.

	1855.			1854			Total in two years.
	Males.	Females.	Total.	Males.	Females	Total.	
Less than 3 months, .	40	41	81	21	37	58	139
Betw'n 3 and 6 mos.,	8	9	17	9	9	18	35
“ 6 and 12 “	7	6	13	15	16	31	44
“ 1 and 2 yrs.,	10	2	12	21	23	44	56
“ 2 and 3 “	2	5	7	15	17	32	39
“ 3 and 4 “	4	2	6	6	12	18	24
“ 4 and 5 “	3	2	5	10	7	17	22
“ 5 and 10 “	3	12	15	30	34	64	79
“ 10 and 20 “	5	3	8	25	13	38	46
Over 20 years, . .	1	2	3	4	6	10	13
Totals, . .	83	81	167	150	174	330	497

The cases of shorter duration, before admission, than three months, during the past year, have amounted to nearly one-half the whole number admitted; last year they were only one-sixth, from the same cause to which were ascribed the differences in the preceding table.

TABLE No. 5,

Shows the causes of death in those deceased.

	1855.			1854.			Total in two years.
	Males.	Females	Total.	Males.	Females.	Total.	
Phthisis, . . .	—	5	5	1	5	6	11
Dysentery, . . .	1	—	1	4	2	6	7
Maniacal Exhaustion, .	2	2	4	2	1	3	7
Fever, . . .	1	—	1	1	—	1	2
Apoplexy, . . .	3	1	4	3	—	3	7
Old Age, . . .	—	1	1	1	—	1	2
Gangrene, . . .	—	1	1	1	—	1	2
Anemia, . . .	—	2	2	1	—	1	3
Disease of Liver, .	2	—	2	—	—	—	2
Erysipelas, . .	—	2	2	—	—	—	2
Epilepsy, . . .	1	—	1	—	—	—	1
Paralysis, . . .	—	1	1	—	—	—	1
Softening of Brain, .	3	1	4	—	—	—	4
Disease of Heart, .	—	1	1	—	—	—	1
Marasmus, . . .	—	4	4	—	—	—	4
Diarrhœa, . . .	2	—	2	—	—	—	2
Peritonitis, . . .	1	—	1	—	—	—	1
Chorea, . . .	1	—	1	—	—	—	1
Inanition, . . .	—	—	—	—	1	1	1
Cancer, . . .	—	—	—	—	1	1	1
Totals, . . .	17	21	38	14	10	24	62

Notwithstanding the rather large percentage of deaths, the inmates of the Hospital, during the past year, have been decidedly healthy. An almost entire immunity from acute disease, as will be seen from the foregoing table, has been enjoyed. Twenty-six of the thirty-eight deaths occurred from chronic diseases, which had been operating for months and years, and were but the long-expected, and not to be dreaded, conclusion of tedious sufferings. But one death occurred from dysentery, during the past summer. This, in the previous year, was our most formidable and fatal disease. The two deaths from erysipelas were isolated cases, occurring soon after the admission of the patients, and do not indicate any local cause here for that terrible malady. One death occurred from old age. A venerable lady, eighty-two years of age, who in younger life had passed through many trials, and for the last thirty years had been bereft of reason, calmly, and happily, and almost imperceptibly, glided through the portals which separate this life from the future. Among the deaths were those of a mother and her daughter. The latter entered the Hospital April 28, 1855, with softening of the brain, and died May 25. None of her family or relatives had ever been known to be insane before. On the day before her death she was visited by her mother, a lady of seventy years, who was deeply affected at the sight of her daughter's condition, and from that moment began to exhibit unequivocal symptoms of insanity. The unfortunate termination of the disease of the first probably led her friends to retain the second as long as possible at home, but on the 2d of July the latter was placed under our charge. At first exhibiting the usual symptoms of sub-acute mania, she soon became quiet, and gradually pined away without any apparent bodily disorder, and died about two months after her admission. Strange and sad to say, a son, the only surviving child, who visited his mother during her illness, and was extremely anxious and unhappy about her, was soon afterwards attacked with the same mysterious disease. That there was an hereditary taint in this family, though it may have lain dormant through one or two generations, there can be little doubt.

TABLE No. 6,

Shows the ages of Patients when admitted.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 .	—	—	—	1	—	1	1
“ 10 and 15 .	1	1	2	1	—	1	3
“ 15 and 20 .	10	3	13	6	5	11	24
“ 20 and 25 .	8	10	18	9	27	36	54
“ 25 and 30 .	10	18	28	26	21	47	75
“ 30 and 35 .	4	12	16	21	22	43	59
“ 35 and 40 .	9	13	22	21	27	48	70
“ 40 and 45 .	10	3	13	25	24	49	62
“ 45 and 50 .	14	7	21	17	10	27	48
“ 50 and 55 .	2	3	5	6	18	24	29
“ 55 and 60 .	7	2	9	12	5	17	26
“ 60 and 65 .	—	5	5	3	6	9	14
“ 65 and 70 .	3	5	8	2	5	7	15
“ 70 and 75 .	2	—	2	4	2	6	8
“ 75 and 80 .	3	—	3	2	—	2	5
“ 80 and 85 .	—	2	2	—	2	2	4
Totals, . .	83	84	167	156	174	330	497

TABLE No. 7,

Shows the occupations of the Male Patients admitted since the opening of the Hospital.

Farmers,	49	Physicians,	1
Laborers,	44	Blacksmiths,	3
Seamen,	34	Stone-layers,	1
Shoemakers,	13	Clergymen,	2
Operatives in mills,	15	Shovel polishers,	2
Carpenters,	10	At School,	4
Traders,	6	Fishermen,	2
Students,	4	Tailors,	1
Bakers,	4	Jewelers,	1
Gardeners,	2	Book-binders,	1
Britannia Workers,	2	Engravers,	2
Merchants,	4	Caulker and Gravers,	1
Clerks,	2	Cabinet-makers,	3
Printers,	2	Soldiers,	2
Turners,	1	Moulders,	2
Teachers,	3	Tinsmiths,	1
Grocers,	1	No occupation,	4
Stage-drivers,	2	Unknown,	6
Book agents,	2		239

TABLE No. 8,

Shows the civil condition of all persons admitted.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	40	40	80	54	74	128	208
Unmarried, . . .	40	32	72	98	81	179	251
Widowed, . . .	3	12	15	4	19	23	38
Totals, . . .	83	84	167	156	174	330	497

TABLE No. 9,

Shows the nativity of Patients.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	56	62	118	106	99	205	323
“ of Irish pa- rents, . . .	4	2	6	2	5	7	13
Irish, . . .	12	20	32	38	63	101	133
English, . . .	2	—	2	3	2	5	7
Germans, . . .	4	—	4	3	3	6	10
French, . . .	2	—	2	2	—	2	4
Scotch, . . .	—	—	—	1	1	2	2
Spanish, . . .	2	—	2	1	—	1	3
Canadians, . . .	1	—	1	—	1	1	2
Totals, . . .	83	84	167	156	74	330	497

It is gratifying to observe that this year the proportion of Irish patients admitted has been decidedly smaller than it was last year. Last year they constituted thirty-four per cent. of the whole number—this year they are but twenty per cent. Nearly all the foreigners who are admitted into this Hospital come from Boston and Roxbury.

TABLE No. 10,
Shows the supposed causes of Insanity.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females	Total.	
Ill health, . . .	5	20	25	23	30	53	78
Intemperance, . .	10	4	14	21	4	28	42
Masturbation, . .	7	—	7	16	3	19	26
Religious excitement,	2	5	7	10	12	22	29
Childbirth, . . .	—	7	7	—	8	8	15
Domestic trouble, .	6	6	12	4	8	12	24
Disappointment, .	1	—	1	4	7	11	12
Loss of friends, . .	1	5	6	2	8	10	16
Trouble ab't property,	5	—	5	10	4	14	19
Sun stroke, . . .	1	—	1	2	—	2	3
Spirit rappings, . .	1	2	3	—	3	3	6
Paralysis,	3	1	4	5	1	6	10
Hard work,	1	2	3	3	1	4	7
Millerism,	2	—	2	1	—	1	3
Bite of cat, . . .	1	—	1	—	—	—	1
Injury,	7	—	7	3	1	4	11
Use of tobacco, . .	—	1	1	—	—	—	1
Fright,	1	1	2	2	3	5	7
Congenital,	1	1	2	—	—	—	2
Old age,	1	—	1	—	—	—	1

TABLE No. 10—Continued.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Suppression of menses,	—	1	1	—	6	6	7
Chorea,	1	—	1	—	—	—	1
Want of employment,	1	—	1	—	—	—	1
Healing of ulcers, . .	1	—	1	—	2	2	3
Love affair, . . .	—	4	4	—	—	—	4
Epilepsy,	2	1	3	9	4	13	16
Turn of life, . . .	—	—	—	—	3	3	3
Sudden good fortune,	—	—	—	1	—	1	1
Seduction,	—	—	—	—	3	3	3
Ill treatment, . . .	—	—	—	—	4	4	4
Exposure to wet, . .	—	—	—	1	1	2	2
Jealousy,	1	—	—	1	2	3	3
Homesickness, . . .	—	—	—	—	1	1	1
Hard study,	—	—	—	3	2	5	5
Use of narcotics, . .	—	—	—	—	1	1	1
Light reading, . . .	—	—	—	—	1	1	1
Unknown,	22	23	45	32	51	83	128
Totals,	83	84	167	156	174	330	497

One case occurred after the bite of a rabid cat. The patient, a lad of sixteen, in perfect, even redundant health, not known to have any hereditary predisposition to insanity, the victim of no evil habits, and of a quiet, simple, frank disposition, though rather nervous and susceptible, was bitten by a furious cat, and almost immediately became insane. His case has been one of periodical mania. Subject to attacks of great violence, which continue two or three days, he is in the intervals calm, quiet, and

nearly rational, except for a fixed delusion that he resembles, in the form of his face, hair, and some other respects, a beast. His case is now of several months' standing, and does not offer at present a prospect of complete recovery. The bite, which was a severe one upon the thumb, healed kindly. One case is noted as having been caused by the use of tobacco. Of the influence of this habit in the production of mental disorder there can, I think, be no question. It operates in two ways. First, directly on the brain, as a narcotic: and secondly, indirectly upon that organ, through the disturbing influence which it exerts upon the function of the stomach. Its effects we have seen many times strongly manifested, when a patient, to whom it has been interdicted, has obtained by stealth a piece of tobacco or a little snuff, and has, for a little while, revelled in an unrestricted use of it.

TABLE No. 11,

Shows the ages at which Insanity appeared.

	1855.			1854.			Total in two years.
	Males	Females	Total.	Males.	Females	Total.	
Under 5 years, . . .	—	—	—	2	—	2	2
Betw'n 5 and 10 yrs.,	—	1	1	1	—	1	2
“ 10 and 15 “	1	—	1	3	2	5	6
“ 15 and 20 “	13	5	18	14	14	28	46
“ 20 and 25 “	12	14	26	25	29	54	80
“ 25 and 30 “	11	14	25	29	36	65	90
“ 30 and 35 “	5	10	15	16	20	36	51
“ 35 and 40 “	8	9	17	23	22	45	62
“ 40 and 45 “	10	7	17	12	12	24	41
“ 45 and 50 “	8	6	14	5	15	20	34
“ 50 and 55 “	3	2	5	5	7	12	17
“ 55 and 60 “	2	3	5	7	5	12	17

TABLE No. 11—Continued.

	1855.			1854			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
“ 60 and 65 “	3	3	6	2	2	4	10
“ 65 and 70 “	3	2	5	2	2	4	9
“ 70 and 75 “	1	—	1	2	—	2	3
“ 75 and 80 “	—	—	—	1	—	1	1
Unknown, . . .	3	8	11	7	8	15	26
Totals, . . .	83	84	167	156	174	330	497

TABLE No. 12,
Shows the last residence of Patients.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, .	16	19	35	16	22	38	73
Barnstable “ .	5	8	13	3	5	8	21
Plymouth “ .	6	8	14	7	13	20	34
Dukes “ .	4	—	4	1	1	2	6
Norfolk “ .	27	16	43	16	20	36	79
Middlesex “ .	3	6	9	5	3	8	17
Franklin “ .	1	1	2	1	—	1	3
Essex “ .	7	8	15	1	1	2	17
Suffolk “ .	13	15	28	—	4	4	32
Worcester “ .	—	1	1	—	—	—	1
Nantucket “ .	1	—	1	—	—	—	1
Worcester Hospital, .	—	—	—	106	105	211	211
Other States, . . .	—	2	2	—	—	—	2
Totals, . . .	83	84	167	156	174	330	497

The district assigned to the hospital by his excellency, the governor, consists of the following counties:—Bristol, Barnstable, Plymouth, Norfolk, Suffolk, Dukes and Nantucket. These, during the past year, have sent us one hundred and thirty-eight patients. The remaining twenty-nine, who came from other localities, were of course admitted, upon the bond of their friends.

TABLE No. 13,

Shows by whom the inmates of this Hospital have been supported.

	1855.			1854.			Total in two years.
	Males.	Females	Total.	Males.	Females.	Total.	
Supported by the State,	33	20	53	53	94	147	200
“ “ towns, .	25	22	47	50	69	119	166
“ “ friends, .	25	42	67	33	31	64	131
Totals, . . .	83	84	167	156	174	330	497

I would call attention to the fact, that, of patients admitted this year, a much larger proportion are supported by their friends, than of those who came the preceding year. This year the proportion is more than two-fifths of the whole number; last year it was *less* than one-fifth. At the same time, the proportion of those supported by the State has fallen from more than nine-twentieths to less than seven-twentieths of the whole number admitted.

TABLE No. 14,

Shows the proportion of Committals.

	1855.			1854.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	58	40	98	30	38	68	166
“ “ Governor,	—	7	7	106	105	211	218
“ from State Almshouses, . . .	—	4	4	4	8	12	16
Boarders,	25	33	58	16	23	39	97
Totals,	83	84	167	156	174	330	497

That our second year has passed in safety and prosperity, affords abundant reasons for thankfulness to the Great Disposer of all human events. With increased numbers, with greater facilities for their care, and with many additions to their comforts and pleasures, we now stand at the commencement of a third year, with the promise of increased usefulness and prosperity. The hospital, with its present number, is comfortably full in every part, without being crowded. The highest number which we have reached during the past year, has been two hundred and ninety. For the sake of lessening the expenses of treatment for each individual, it seems desirable that the hospital should be as full as may be, without inconvenience. With our present means of ventilation, we can comfortably accommodate a larger number in summer than in winter, and very fortunately the difference in the number of our admissions at these periods has been such as to effect this desired end. Before another winter, it is to be hoped that our means of ventilation will be so good that our comfort and well being will require no falling off in our numbers. An experience of two years has demonstrated that the building is, in the main, well adapted to the purposes for which it was erected. A few alterations have been made during the past year, and as the little defects which each year will develop will be gradually remedied,

we may expect, in a few years, to have an establishment which will answer all reasonable wishes. The most important alteration which has been made since our last annual report, has been the removal of the laundry from the main building. Soon after the opening of the hospital, it became evident that the laundry was not suited, either in construction or in position, to the purposes for which it was designed. It is important, alike to the health and comfort of the inmates, and to the proper care and preservation of the building itself, that the washing should be done outside the hospital walls. And the change which your board has wisely ordered to the new and commodious wash-house which has been erected in the rear of the female wing, cannot but be attended with many advantages. In addition to the comfort and good we shall experience from getting rid of the annoyances inevitable to the original arrangement, the change will supply us with two large and desirable rooms, which will be no longer needed for the purposes for which they were designed. One of them it is proposed to occupy as a work-room for the female patients, the room at present used for that purpose being altogether inadequate, from its small size, and inconvenient and unsuitable from its situation. In the new room, it is believed, we shall soon be able to employ all for whom occupation seems desirable. The lower room, formerly occupied as a wash-room, will make excellent store-rooms, of which we stand greatly in need.

During the last winter, it was found that our steam apparatus was not quite equal to the task of warming the establishment, together with its other duties of supplying steam for cooking, washing, drying and pumping, although, by driving the two boilers to their utmost capacity, we managed to keep tolerably comfortable. It was evidently, however, not good economy to make two boilers do the work of three, and it was therefore, wisely, I think, determined by your board to add a third and more powerful boiler. This is already completed and in successful operation, and with it we now have ample power for *all our uses*. Another difficulty, experienced since the opening of the institution, was from an occasional want of draught, which was sometimes so extreme as to even preclude the possibility of keeping any fires. To remedy this, a small blower has been attached to the engine, which is used only when the natural

draught is deficient. During the past autumn the steam pipes in the basement have been thoroughly repaired, and, in some instances, their arrangement and construction altered and improved.

We think the alterations now made in them will render them less liable to damage in future. Notwithstanding these improvements, however, it must, I think, be acknowledged, that our heating apparatus is still exceedingly defective and objectionable, and in connection with our means of ventilation, needs many and great alterations. By our present arrangement, enough heat is wasted in our basement, to warm comfortably a third part of our house, and the whole apparatus is so scattered and diffused as to need a great deal of extra labor and attention on the part of those having charge of it.

The ventilation has been somewhat improved by the addition of the new boiler, and by the vacating of the laundry, but is still so deficient as to call for your early action.

Our supply of water from the river for the use of the wash-house and the boilers, and from the well for the ordinary uses of the household, has been full and satisfactory. The drainage has stood the trial of another year without giving us any reasons to doubt its efficiency. And, generally, the operation of the means of supply and waste has been successful and pleasant.

During the year, that class of moral remedies, which, by contributing to the amusement and exercise of patients, helps to divert their thoughts and attention from the unhealthy images of their minds, has been considerably enlarged. The bowling alley, which was in process of construction at the writing of the last report, has been completed and occupied. It fully answers our expectations, and is a never-failing source of healthy recreation. The building and all its arrangements have been finished in the most substantial manner, and may be expected to continue in good order for many years. In the last annual report the want of a suitable conveyance for the feeble patients was alluded to, and was satisfied at an early period, by the purchase of an excellent carriage and pair of horses. This has been in constant requisition, and has brought joy to the heart, and health to the physical frame of many a long sufferer, who, but for it, might not have passed the walls of the hospital.

This has been chiefly occupied in conveying out the female patients, as, from their greater excitability and other obvious reasons, fewer of the females can walk out, or take other means of exercise, which are open to the men.

By an Act of the last legislature, one hundred and fifty dollars were granted to the hospital, to be expended in a library for the use of its inmates. With this appropriation, between two and three hundred volumes have been purchased, suited to their wants and condition, to which such of them as can appreciate the privilege, have access. The number of newspapers supplied to the inmates has been much increased, and several new ones have been added to our free list. To all who have sent us their papers during the past year, we would express our heartfelt thanks. To the Hon. Samuel L. Crocker we are especially indebted for public documents of value. The singing school, after a short intermission in the summer, still continues, and exceeds our expectations in the sustained interest with which it is regarded, and in the soothing and pleasant effects it has upon the mind. The dissolving views, which have been considerably improved during the past year, continue, by the liberality of their benevolent proprietor, to afford us their weekly quota of amusement. The social parties occur, as during the last year, frequently enough to break up, in a measure, the monotony of hospital life.

In the month of February last we were favored with an excellent instrumental concert by the Beethoven Society of this town. Every seat in our chapel was filled by an attentive and delighted audience, and it afforded subject for thought and conversation for many days subsequent to it.

A new and convenient reading-room has been furnished for the use of the men, and is a place of pretty constant resort. A considerable amount of new furniture has been added to the rooms and halls, and durable and comfortable seats have been erected in all the halls and verandahs.

Public worship continues to be conducted in the chapel on Sunday, by the clergymen of the town, who officiate in rotation. Some care and caution are required to adapt a discourse to the character of the audience, and to avoid giving offence, where so many sects are represented as among our patients. But the services have uniformly been of a character calculated to please

and interest, without jarring against the opinions or prejudices of any. The daily evening service continues as usual. Of the benefit which is derived from attendance upon public religious worship, when prudently conducted, I can speak with great confidence. As religious excitement is assigned as the not unfrequent cause of mental aberration, it might be supposed that in many instances attention to religious instruction would be exciting and injurious. But it is only a false and diseased view of Christianity which can injure. And even in such cases the consolations of the gospel, administered by a kind and prudent hand, will do much, by reforming and correcting the distorted images, to restore the mental equilibrium. But, besides the effects of the religious teaching, the whole air which pervades a meeting for worship, has a peculiarly soothing and restraining effect upon almost all insane people. Many, who are elsewhere in a state of constant excitement, will sober down and remain perfectly quiet during the hour that the meeting continues. And the habit of self-control, which they thus gain, cannot be otherwise than the means of improvement. It is exceedingly rare to have our audience behave in a manner which would indicate to a stranger that they were otherwise than sane.

In the last report, allusion was strongly made to the necessity which exists of providing more regular employment for our patients, a large portion of whom still are, and always will be, people who have been previously accustomed to active occupation. Some improvement has been made in this respect, though not so much as we could wish. The subject is a difficult one, not to be entered upon rashly, and can only be perfected after many cautious trials, and the lapse of considerable time. The kind of occupation best suited to them as a class, the means by which it can be best afforded them, and the discovery of some mechanical employment, simple, profitable and healthy, are questions which call for a thorough and careful investigation. More men have been employed upon the farm the past summer than previously, and during the warm weather perhaps we should be satisfied with this means alone, being, as it is, the simplest, most pleasant, and most conducive to health. But during the winter this fruitful source of labor is cut off, and the want of something to take its place is severely felt. Nearly all the females, who are capable of labor; and likely to be bene-

fitted by it, can be employed in the domestic offices of the house and in the sewing-room, if sufficient accommodations are afforded. During the last few months, in addition to the small sewing-room in the centre of the house, which is always filled to its utmost capacity, a large sitting-room in the lower hall has been devoted to the same purpose, and has, as far as its size would permit, added much to the attainment of the desired end. In the latter room none were received, except from the worst class of patients; but yet it is conducted with great propriety, quiet and good order. Since its establishment a most marked improvement has been noticed in the quiet and calmness of the hall. The new room, which will be afforded us by the removal of the laundry, will supply accommodations, if properly fitted up, for at least fifty patients, and there can be no doubt of its being well filled. The kitchen, the laundry, and the care of the dining-rooms, chambers, and house generally, afford employment to about as many more.

The farm and grounds have, it is hoped, been considerably improved during the past year. The fence has been completed entirely around the farm, and with the new gateway, which has been recently erected, protects us, to a certain extent, from the intrusions which were formerly so offensive and so injurious. Fifty or sixty forest trees were set out last spring around the building, and notwithstanding the unfavorable situation, and the poor character of the soil, they are now nearly all alive and flourishing. Two new roads have been built, and neat fences have been erected, which enclose yards in the rear of the establishment, and keep off stragglers from approaching the verandahs. The hill around the building, barren and destitute of soil, has been, by great labor and pains, so far improved, as to present a tolerably cheerful appearance, and undoubtedly in another year much of it will be clothed in a pleasant green. Several fields, heretofore barren and worthless, have been broken up and enriched with the contents of our cesspool, and give the promise of future harvests. The farm itself has been somewhat more productive than it was the previous year. It is to be feared, however, that it will still be for several years but a bill of expense. The following have been its principal products the past season:—

9 tons of hay, at \$25,	. . .	\$225 00
15 cords of wood, at \$3,	. . .	45 00
150 bushels of pease, at \$1,	. . .	150 00
100 “ of corn, at \$1,	. . .	100 00
4,414 lbs. of pork, at 8 cents,	. . .	353 12
2,109 “ of beef, at 7½ cents,	. . .	158 07
20,821 qts. of milk, at 6 cents,	. . .	1,249 26
400 lbs. of poultry, at 12½ cents,	. . .	50 00
		<hr/>
		\$2,330 45

The value of the farm to us, however, is not to be estimated by its products. As affording a healthy employment to the convalescent, and aiding to calm the restless and excitable chronic patient, its worth cannot be estimated in money. The further improvement of the grounds is a matter of the deepest importance to the inmates of the hospital. We all feel, when selecting a residence, how necessary it is to our comfort, and how much it enhances the value of the selected spot, if the view from it is fine, and the surrounding grounds pleasant. But to persons who move in so limited a space, as the inmates of a lunatic hospital, and who are so dependent for enjoyment on what is immediately around them, how infinitely more important are these considerations. Then, again, the impression made upon a patient, when first brought to the hospital, is so much influenced by its outward appearance, that even for this object alone it would be best for a time to expend considerable labor and money to make the latter pleasing. Our grounds are capable of being made all that we could wish, and the importance of the object calls for the annual appropriation of a certain sum by your Board for this purpose.

In conclusion, it remains for me but to testify to the faithful and efficient manner in which the various persons employed about the hospital have *generally* discharged their respective duties.

To Dr. Holman, who, for the past four months has filled the office of Assistant Physician, I am especially indebted for the zeal he has displayed in co-operating with me for the welfare of the Institution.

To you, gentlemen, I would respectfully present my acknowl-

edgments for the repeated acts of kindness and confidence I have received at your hands. The great amount of time and attention you have always devoted to the affairs of the hospital, together with the entire harmony of action which has ever prevailed in your intercourse with myself, and with each other, I believe to have been of the highest importance to its interests.

GEO. C. S. CHOATE.

THIRD ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

DECEMBER, 1856.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1857.

Commonwealth of Massachusetts.

EXECUTIVE DEPARTMENT, COUNCIL CHAMBER, }
Boston, January 12, 1857. }

To the President of the Senate : —

I herewith transmit, for the use of the Legislature, the Third Annual Report of the Trustees of the State Lunatic Hospital at Taunton, with the accompanying Report of the officers of the Institution.

HENRY J. GARDNER.

THIRD ANNUAL REPORT
OF THE
TRUSTEES OF THE STATE LUNATIC HOSPITAL,
AT TAUNTON.

To His Excellency the Governor, and the Honorable Council :—

The Trustees of the State Lunatic Hospital at Taunton, in compliance with the law for its government, respectfully submit to your Excellency and the Honorable Council their

THIRD ANNUAL REPORT:

The Commonwealth of Massachusetts, many years since, established a system of benevolent action, for the care of her unfortunate fellow-citizens; and in aid of that object, with additional means for those deprived of reason, the erection of the hospital at Taunton was completed for occupancy, in April, 1854; and in addition to what has been said in our former reports, we have the renewed pleasure to say, that it has continued, during the past year, to afford protection and benefit to many an afflicted household.

Governed by an active spirit to carry out every improved method of treatment for this class of unfortunate beings, made so in most cases by a departure from some organic law, to which our nature is subject, the Trustees have, at all times, sustained the Superintendent in his policy as established and practiced

upon from the commencement of this institution, viz., that of the most mild and temperate treatment; and the result, as exemplified, has afforded us much satisfaction and pleasure; fully convincing us that this course has been the means of restoring many who, under the opposite treatment, would have remained unimproved; and that the error prevalent many years since, in cases of this disease, that the animal propensities, rather than the affections of the mind, were to be attended to, should have been much sooner avoided; and we now hope that the repulsive scenes heretofore exhibited by those of the most furious class who were confined in solitary cells, and under severe physical restraint, will not be witnessed in coming years. In the practice of doing away with this mode of treatment in the hospital at Taunton, we have, as Trustees, been gratified to perceive how much of reason, however misguided, is left to patients, which, being appealed to, gives full assurance that persuasion often restrains them from the outbreaks of their malady. Still, with this conviction, and the fruits exhibited by this practice, we are convinced that much is yet to be discovered in the treatment of the insane, which time and further developments will rationally explain.

In the organization and by-laws for the government of this institution, the Trustees provided for a monthly visit of the whole board, together with a weekly visit of a committee thereof. This provision has been strictly adhered to; thereby insuring a knowledge of the condition of the institution and its inmates, and a co-operation with the Superintendent, that has had, we trust, a beneficial effect upon all concerned.

The whole number of patients that have enjoyed the comforts of this institution since its opening, has been six hundred and eighty-two; of which there have been discharged as recovered, one hundred and sixty-eight; as improved, forty-four; unimproved, sixty-four; one hundred and two have died, and six have eloped; leaving the number at the hospital on the 30th day of November last, two hundred and ninety-eight. Of the two hundred and eleven patients transferred from Worcester to this institution at its commencement, twenty-four only have recovered; which, as the Trustees have said in their former reports, has led us to conclude, that in the selection of patients

which were then transferred, their condition was considered more for the relief of that institution, than with regard to an average of curable cases; thus entailing upon this institution a company of old, demented and incurable patients, who will remain permanent occupants of our institution, as they had been for many years before of that from which they were sent; and thus causing a less apparent per centage of recoveries than would have been exhibited, had this institution received its inmates originally, as other hospitals usually do. Of this we have no wish to complain, knowing, as we do, that these unfortunate beings must be cared for at some receptacle; and perhaps it may be as well at Taunton as elsewhere; but as Trustees of this institution, we feel a sort of pride to prove that when the mode of treatment at our hospital has a fair opportunity to show its results, it is as successful as any other.

The subject to which especial attention was called by the Trustees, in their last Report, we feel compelled to allude to at this time; that of transferring convicted criminals from the State prison and houses of correction, to hospitals for the insane; proving not only a great source of annoyance, but dangerous to the unfortunate patients of such institutions. Those of this class who have been sent to the institution at Taunton, we have found, after critical examination, to be better fitted, by their vicious and desperate passions and conduct, to be the inmates of a cell in a prison, than subjects for treatment within the walls of an insane asylum. It never could have been intended that a place of this kind should, with the necessary appliances as remedial agencies for the restoration of the unfortunate insane, be used to control and remove the evil and desperate propensities of hardened convicts, too often assuming a species of insanity in order to avoid the rigid discipline of a prison life, and under such a change have an opportunity to escape from a place of less security. As Trustees, we would suggest that arrangements should be made within the precincts of a prison, for the safety of such a class. The requisite treatment can be had there, with less expense and less unpleasant influences than in an insane hospital. This matter has been treated on by Trustees of other hospitals out of this State; and in the Report of the Trustees for the last year, was submitted

an extract from that of the Trustees of the Pennsylvania Asylum upon this subject. It is evident that this so called criminal insanity is a growing evil amongst us, and calls loudly for legislative enactments, for the prevention of further evil hereafter.

In the last Report of the Trustees, an improvement was spoken of, viz.: the erection of a new building for a laundry. This has been completed and in operation during the past year, with every desirable success; thus giving an opportunity for improving the room in the centre wing of the main building, heretofore used for that purpose, as a sewing-room; which, being large in its dimensions, has been fitted up for this service, and has been occupied daily for the most of the past year, by from fifty to sixty female patients; serving not only as a remedial agent for their restoration, but as a beneficial agency in the necessary work of the hospital. In our visits, there is no department which affords more pleasure than this room, occupied as it is by so many pleasant and happy patients, in but few cases appearing divested of reason. We hope, before the end of another year, to devise some plan for the useful and beneficial employment of as many of the male patients as of the other sex.

The difficulties spoken of in the two former Reports of the Trustees, and incident to a new institution like ours, particularly as it was received from the commissioners in an unfinished state, without fences, out-buildings or improvements of grounds in any respect, have been by the appropriations of successive legislatures in a great measure removed; as also have the wants of the institution been supplied in respect to furniture, necessary ornaments and comforts, common to establishments of this nature; making this place of retreat cheerful and home-like, and the patients thereby more contented and happy.

The system adopted by the commissioners, at the time of erecting the hospital for heating by steam, with a downward ventilation on the suction principle, proved very imperfect in its operation; calling so loudly for a change, that as stated by the Trustees, in their last Report, they visited several institutions in New York State, for information upon this subject, and became satisfied that the method adopted at the asylum in Utica, (that of the principle of force by a fan blower,) was one admirably adapted to the wants of ours at Taunton. We took

immediate measures, after consulting with scientific gentlemen conversant with this subject, to proceed with this improvement. In our estimates it was found that to accomplish this desirable object, it would be necessary to ask an appropriation from the Commonwealth of twelve thousand dollars, and of which was granted eight thousand. Believing this improvement one that must be adopted for the comfort of the inmates of the institution, we have gone on with the work to nearly its completion, and feel satisfied that our anticipation of its beneficial effects will be fully realized. We shall overrun our original estimate one thousand dollars, and shall consequently have to petition the legislature for another appropriation of five thousand dollars to meet this deficit.

The disbursements of the hospital have been under the supervision of the respective committees of the Board of Trustees, with a strict regard to economy, as well as to the wants that humanity, and the comforts that our unfortunate patients require. Not one dollar has been spent the past year to meet any personal expense of the Board of Trustees; notwithstanding this, the expenditures will exceed the income of the institution one hundred and seventy-two dollars and two cents. This result was anticipated at the time the last Report was made, and we then took the necessary measures to avoid it, by conferring with the Board of Trustees of the hospital at Worcester, and arranging with them for an increase in our charges for the care and treatment of such patients as were sent to the institution by their friends, or by the authorities of cities and towns in which they had residences; and we also jointly petitioned the legislature, at that time, for a revision of the law, so that the sum to be paid by the Commonwealth, for the class of patients at its charge, now limited to one hundred dollars per year, might be increased to one hundred and fifty dollars. Had this petition been complied with, the cause of our deficiency would have been removed; as also the necessity of petitioning for appropriations to meet other wants, which will unavoidably arise every year, for the conducting an institution of the magnitude of these insane hospitals. Furthermore, it must appear simply as an act of justice, that this increase should be allowed, when it is considered that the increased cost of every article for the support of patients in a

hospital, is in a far greater ratio than that of the sum asked for to meet its wants ; and, moreover, when it is considered that all private patients and those from the towns and cities, are obliged, by the order of the Trustees, to pay a much larger sum than those of the State. Why should not the Commonwealth feel willing to meet this necessity of appropriating the sum required, for those she has to provide for, and so bear her equal burden with the several towns and private citizens who have to seek the aid of such institutions, for the treatment of their friends and unfortunate fellow-citizens. It must be conclusive, that if the sum of one hundred dollars, as allowed fifteen or twenty years since, was necessary and sufficient for the support of a patient at that time, it certainly requires an additional amount of fifty dollars for their support at the present day. This increased amount, moreover, must be expended with the utmost economy to meet the required wants of the institution. Under these circumstances, the Trustees will feel compelled to renew their petition at the coming session of the general court.

By reference to the accompanying report of the Treasurer, it will be seen from what source our income has been derived, and for what our expenditures have been made. As yet there has been but little benefit from the farm, and it is feared that for many years to come, such a result must continue ; for in the selection of a location for the hospital, more regard was had by the commissioners to its healthiness and beauty, than to the fruitfulness of the soil. The land will require many years of labor to be made productive. Every attention has been given to this subject the past year, by the Superintendent and a special committee of the Trustees ; and, as in previous years, considerable advancement has been made.

Our experience of another year induces us to renew the opinion expressed in former reports, as to the qualification and success of our Superintendent, Doctor George C. S. Choate. He possesses eminent abilities for his official station, and all his time and skill are devoted to the discharge of his duties to the suffering beings committed to his care. He has our warmest feelings of approbation, and we trust he will receive those of every friend to the afflicted. In his able report accompanying this, will be found in detail, a large amount of information

worthy of examination by all interested in the care and treatment of the insane.

Commending him and the unfortunate family under his care to the Father of all, we ask for a continuation of His blessing upon the means used for their restoration, and that His power will direct and sustain the efforts of all having charge of this and similar institutions.

CHARLES EDWARD COOK.

G. R. RUSSELL.

GEO. A. CROCKER.

GEO. HOWLAND, JR.

M. R. RANDALL.

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending November 30, 1856, is respectfully submitted to the Board of Trustees:—

RECEIPTS.

Balance in the hands of the Treasurer, November 30, 1855,	\$1,757 48
Received from State Treasurer for support of patients,	11,900 05
towns for support of patients,	18,033 17
individuals for support of patients,	4,588 37
sale of sundry articles,	59 00
Loans from Machinists' Bank,	19,939 75
	<hr/>
	\$56,277 82

PAYMENTS.

Paid on account of supplies,	\$17,291 43
of fuel and light,	3,739 68
of labor,	6,907 93
of farm,	2,370 37
of furnishing,	2,644 60
of incidentals,	986 51
of repairs,	330 74
Paid Machinists' Bank for loans,	20,500 00
Balance in Treasurer's hands,	1,506 56
	<hr/>
	\$56,277 82

The present loan from the bank amounts to \$9,695.

GEO. C. S. CHOATE.

STATE LUNATIC HOSPITAL, }
December 5, 1856. }

The undersigned, a committee appointed for the purpose, have this day examined the accounts of George C. S. Choate, Treasurer, and the vouchers for the same, for the year ending November 30, 1856, and find them correct. The balance in his hands carried to new account is fifteen hundred six $\frac{56}{100}$ dollars.

GEO. A. CROCKER.

GEO. HOWLAND, JR.

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton:—

GENTLEMEN:—The close of the third year since the opening of this hospital, finds it in full operation, with its field of usefulness steadily increasing, and the number of its inmates already considerably beyond that for which it was originally designed.

The past year has been marked by no striking event, by no serious accident or calamity, but has contributed, we trust, its share in numerous improvements, many of them perhaps trifling in themselves, towards that perfection of organization and arrangement for which we ought constantly to strive. Organized, as a State lunatic hospital is, and dependent as it is almost entirely upon its annual income, it cannot start into being a fully formed, perfectly equipped and arranged institution, but by yearly and gradual additions and changes is to be brought to that desirable condition, which shall best fit it for its noble and benevolent purposes. It commences its operations with a building designed well in the main for the objects it has in view, but in the details of arrangement and construction always to a certain extent, and in our own case to more than a usual degree, failing to stand the test of time and use, and requiring much reflection and money to modify them to the best advantage. It is furnished originally as far as necessity requires, but without those many little articles of comfort and ornament which are so important to the well-being of its inmates. These must be gradually added through a series of years. Its apparatus for heating, for ventilating, for supplying with water, for the carrying on of the domestic duties, all, like the building itself, are

usually found capable of improvement, even if they are sufficient to fulfil in any manner the purposes for which they were intended. The grounds, usually selected for beauty of location, and as affording an opportunity for future embellishment, are still generally rough and unimproved; it may be, as in our own case, barren, and promising little return for a long period to the hand of toil. We see, therefore, that in all its departments the hospital is a thing of gradual growth, improving, if rightly managed, with every succeeding year, and offering in its extending sphere of usefulness, greater comforts, safety and facilities for good.

In the reports of the two preceding years we have chronicled the various alterations and additions to the buildings, the improvements in the means of comfort and amusement, and the ornament of the grounds, which have taken place in the periods to which they specially relate. In all these particulars we may fairly congratulate ourselves that the past year, equally with the former ones, has been one of progress and growth. And in our numbers, which, to a certain extent, are to be considered a criterion of success, and in our own case are of the utmost importance, from their bearing upon the economy of the institution, and our financial condition, our advance during the past year has been in the highest degree satisfactory.

The following table, exhibiting a statement of the number of patients remaining November 30, 1855, and the number admitted, discharged and deceased since, will afford a correct idea of our present condition, and of the work of the past year:—

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients, remaining November 30, 1855, . . .	126	136	262
Number of Patients admitted since November 30, 1855, . .	82	103	185
Number of Patients under treat- ment during the year, . . .	208	239	447
Number of Patients discharged during the year,	53	55	108
Number of Patients died during the year,	14	26	40
Number of Patients eloped dur- ing the year,	1— 68	— 81	1— 149
Number of Patients remaining November 30, 1856, . . .	140	158	298

The admissions have averaged a little above fifteen per month, which is more than during either of the preceding years. Much the largest number of admissions have been as usual in the summer months—the smallest in winter.

Admitted in December, 8;	January, 6;	February, 7 — 21
March, 10;	April, 12;	May, 12 — 34
June, 19;	July, 36;	August, 20 — 75
September, 15;	October, 16;	November, 24 — 55
Total,		185

The excess in the number of female patients, which last year amounted to eight per cent., has increased this year to more than twelve per cent., notwithstanding that the number of females discharged and died has considerably exceeded that of the males. The peculiar construction of this hospital, provided as it is with so many large dormitories and double rooms, affords the means of crowding and enlarging the number to a very

great degree, but whether the present number of inmates in the female wing can be much increased without a liability to serious accidents, is a question of serious importance. We have now in this wing one hundred and fifty-eight, while our number of single sleeping apartments amounts to only fifty-six. We are almost daily of course receiving new patients, with whose disposition, history and tendencies we can gain, in no case, a perfect acquaintance, and in many an exceedingly limited one. The selection of rooms for these, obliged as we are to place nearly all of them in associated dormitories, is necessarily a very difficult task, and is the source of much anxiety. In the male wing we have less difficulty, having the same number of single rooms, while the number of patients is but one hundred and forty. It seems probable, however, that this trouble will not be for some years to come materially increased, as the new hospital at Northampton will, when opened, prevent any very rapid additions to our number.

TABLE No. 2.

Shows the Condition of those Discharged.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	33	29	62	49	57	106	168
Improved, . . .	7	9	16	13	15	28	44
Unimproved, . . .	13	17	30	15	19	34	64
Totals, . . .	53	55	108	77	91	168	276

Compared with the whole number of discharges during the past year, the recoveries have been sixty-seven per cent. The number of those who have either recovered or have been decidedly benefited, has been seventy-two per cent. of the whole number discharged. Thirty, it will be seen, have been discharged unimproved; nearly all these were discharged at the request of the Commissioners of Alien Passengers, and have been sent either to one of the State almshouses, or to homes out

of the State. A large portion of the [Irish patients, who are nearly all supported by the State, slide after a while, if they do not recover, into an exceedingly sluggish and passive state of dementia, when they are not susceptible of remedial treatment, and can many of them be taken care of with perfect safety and propriety in some ward of one of the State almshouses, devoted to the purpose, and under the care of a special competent attendant.

During the past year fourteen patients of this character, three men and eleven women have been sent to the State almshouse at Bridgewater.

TABLE No. 3,

Shows the Character of Insanity in those Admitted.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania,	34	60	94	82	97	179	273
Melancholia, . .	10	18	28	31	33	67	95
Monomania, . .	13	8	21	41	38	79	100
Dementia, . . .	25	17	42	82	90	172	214
Totals, . . .	82	103	185	239	258	497	682

The greater part of the recoveries are from the first class, and if in the acute stage, and admitted early, and not accompanied by fatal organic lesion, nearly all the cases of mania are hopeful. Next in point of curability are the cases of melancholia, a considerable portion of which recover, temporarily at least, though permanent recoveries are not so general as in the preceding class.

Cases of monomania recover much more rarely; still less seldom do those of dementia, which, if chronic, tend to constant deterioration. The large number of the latter class of patients, which came to us the first year from the Worcester hospital, must have a serious effect upon the proportion of our recoveries for years to come.

TABLE No. 4,

Shows the Duration of the Disease before admission.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than three months,	45	49	94	61	78	139	233
Betw'n 3 and 6 mos.,	9	16	25	17	18	35	60
6 and 12 mos.,	2	7	9	22	22	44	53
1 and 2 yrs.,	8	11	19	31	25	56	75
2 and 3 yrs.,	6	5	11	17	22	39	50
3 and 4 yrs.,	4	4	8	10	14	24	32
4 and 5 yrs.,	2	2	4	13	9	22	26
5 and 10 yrs.,	2	7	9	33	46	79	88
10 and 20 yrs.,	1	2	3	30	16	46	49
Over 20 years, . .	3	—	3	5	8	13	16
Totals, . . .	82	103	185	239	258	497	682

The cases of shorter duration than three months before admission, amount to only one-half the whole number. In all diseases it is an acknowledged fact, that the power of medical treatment is in very nearly inverse ratio to the duration of the disease, and in none is this more manifest than in the disease which we are called upon especially to treat.

If this fact were better understood and appreciated, patients would be brought sooner to a hospital, and the proportion of recoveries would be increased.

The unreasonable prejudice which exists against insane institutions, and a want of knowledge of the character of the disease, influence many to hold back their friends as long as possible.

The second cause is being gradually removed by the more general dissemination of true views regarding the disease and

the advantages of hospital treatment. The prejudice against hospitals arises in a great measure from the fact that many patients are removed before they are fully recovered. It is a rare thing for a patient who is perfectly recovered to have any but the most grateful feelings towards the institution and all connected with it. Frequent letters from discharged patients, expressing gratitude and kind feelings, are among the most pleasing incidents connected with the management of a lunatic hospital. There are many of our old patients, from whom we frequently hear, and occasionally receive visits. Whenever feelings of a different character exist, it will almost invariably be found that they who experience them remember only the more distressing periods of their malady, without ever knowing those feelings which accompany a return of reason.

We have had many patients sent us for a second time, some for the third, and a few even for the fourth. The latter are cases of periodical insanity, who have intervals of reason continuing some weeks or months, which it is thought best for them to pass with their friends at home.

TABLE No. 5,

Shows the Causes of Death in those Deceased.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis,	—	11	11	1	10	11	22
Dy-sentery, . . .	—	2	2	5	2	7	9
Maniacal Exhaustion,	2	4	6	4	3	7	13
Fever,	—	1	1	2	1	2	3
Apoplexy,	2	—	2	6	1	7	9
Old Age,	—	—	—	1	1	2	2
Gangrene,	—	—	—	1	1	2	2
Anemia,	—	—	—	1	2	3	3
Disease of Liver, .	—	—	—	2	—	2	2

TABLE No. 5—*Continued.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Erysipelas, . . .	—	—	—	—	2	2	2
Epilepsy, . . .	1	—	1	1	—	1	2
Paralysis, . . .	—	—	—	—	1	1	1
Softening of Brain, .	4	—	4	3	1	4	8
Disease of Heart, .	—	—	—	—	1	1	1
Marasmus, . . .	3	2	5	—	4	4	9
Diarrhoea, . . .	—	3	3	2	—	2	5
Peritonitis, . . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Inanition, . . .	—	—	—	—	1	1	1
Cancer, . . .	—	—	—	—	1	1	1
Scrofula, . . .	—	1	1	—	—	—	1
Chronic Mania, . .	2	1	3	—	—	—	3
Suicide, . . .	—	1	1	—	—	—	1
Totals, . . .	14	26	40	31	31	62	102

Twenty-nine deaths occurred this year from chronic diseases, which had been operating for months, some of them for years, and were of a character necessarily fatal in their result. Of the remaining eleven, six were the consequence of that dreadful exhaustion which follows the stage of intense excitement in acute and typho-mania. But one death occurred from fever, and two from dysentery, so that on the whole we may consider that a high degree of health has existed among the inmates of the hospital during the past year. One death, it will be noticed, occurred by self-destruction. The patient, an Irish female, brought to us late in the evening by an officer, from whom we could gain no information concerning her history or the character of her disease, committed suicide by strangulation with a

strip of cotton, before the following morning. Out of an aggregate number of six hundred and eighty-two patients received, with the usual proportion of them having the suicidal tendency, this is the first death in this hospital from this cause. And even this one would probably have been avoided, could we have obtained that knowledge of her case which ought always to be furnished us. Most of those deceased have been removed by their friends for burial; a few who were without friends, or were destitute of means, have been interred on the hospital grounds.

TABLE No. 6,
Shows the Ages of Patients admitted.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10, .	—	—	—	1	—	1	1
10 and 15, .	—	1	1	2	1	3	4
15 and 20, .	3	3	6	16	8	24	30
20 and 25, .	9	14	23	17	37	54	77
25 and 30, .	16	19	35	36	39	75	110
30 and 35, .	12	17	29	25	34	59	88
35 and 40, .	11	14	25	30	40	70	95
40 and 45, .	11	12	23	35	27	62	85
45 and 50, .	3	8	11	31	17	48	59
50 and 55, .	7	6	13	8	21	29	42
55 and 60, .	4	5	9	19	7	26	35
60 and 65, .	1	3	4	3	11	14	18
65 and 70, .	1	—	1	5	10	15	16
70 and 75, .	—	1	1	6	2	8	9
75 and 80, .	2	—	2	5	—	5	7
80 and 85, .	2	—	2	—	4	4	6
Totals, . . .	82	103	185	239	258	497	682

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers,	Shovel Polishers,	2
Laborers, 61	At School,	4
Seamen, 39	Fishermen,	2
Shoemakers, 32	Tailors,	2
Operatives in Mills, 18	Jeweller,	1
Carpenters, 12	Bookbinder,	1
Traders, 11	Engravers,	2
Students, 4	Caulker and Graver,	1
Bakers, 4	Cabinet-makers,	4
Gardeners, 3	Soldiers,	2
Britannia Workers, 2	Moulders,	2
Merchants, 4	Tinsmith,	1
Clerks, 5	None,	6
Printers, 4	Sea Captains,	3
Turners, 1	Painters,	2
Teachers, 4	Bonnet-maker,	1
Stage-drivers, 2	Porters,	3
Book Agents, 2	Cooper,	1
Physicians, 2	Basket-maker,	2
Blacksmiths, 7	Unknown,	7
Stonelayers, 2	Total,	321
Clergymen, 3		

TABLE No. 8,

Shows the Civil Condition of all persons admitted.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	40	41	81	94	114	208	289
Unmarried, . . .	38	51	89	138	113	251	340
Widowed, . . .	4	11	15	7	31	38	53
Totals, . . .	82	103	185	239	258	497	682

TABLE No. 9,

Shows the Nativity of Patients admitted.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	49	52	101	162	161	323	424
Americans, Irish par'nts	1	6	7	6	7	13	20
Irish, . . .	24	40	64	50	83	133	197
English, . . .	1	2	3	5	2	7	10
Germans, . . .	2	3	5	7	3	10	15
French, . . .	—	—	—	4	—	4	4
Scotch, . . .	—	—	—	1	1	2	2
Spanish, . . .	—	—	—	3	—	3	3
Canadians, . . .	—	—	—	1	1	2	2
Italians, . . .	3	—	3	—	—	—	3
West Indian, . . .	1	—	1	—	—	—	1
Nova-Scotian, . . .	1	—	1	—	—	—	1
Total, . . .	82	103	185	239	258	497	682

During the past year the proportion of foreigners admitted has decidedly increased. Previous to this year they have constituted thirty-two per cent. of the whole number; during the year, which is now closed, they have amounted to forty-one per cent. This change is produced chiefly by the operation of a new law passed by the last legislature, which orders the commitment of all lunatics to the hospitals. Before the passage of this law, a large portion of the foreign insane were sent by order of the police courts to county asylums connected with the houses of correction. From Boston, particularly, a very large number who formerly were committed to the Boston Lunatic Hospital, are now sent to us. At the same time the American insane, who are supported by the city, are now sent there instead of here, as formerly.

In view of the very large number of foreign insane now supported by the State, and of the evils consequent upon their mixing up in the hospitals with our own people, it seems to be worthy of serious consideration, whether, when the new hospital at Northampton is opened, some plan cannot be devised, by which a separation may be effected, based upon this distinction. Under the present arrangement, the most serious difficulty to be overcome in this and all other State hospitals, with which I am acquainted, is that connected with social classification. In this hospital, for instance, we can have but four classes. In many hospitals they have but three, in few more than six. These barely afford the means of classifying according to mental condition, and social distinctions must be to a great extent disregarded. This would not be so serious a difficulty, and would lose most of its objectionable features, if a classification could be made by reserving one hospital for the reception of the foreign insane.

We have in the State hospitals people from every walk of life, many of them cultivated and refined, and the associations to which such are necessarily sometimes subjected, are neither agreeable nor useful.

The foreign insane have different habits of life, different wants, need different management, and have a much smaller chance of recovery. It is an established rule, that the provision made for insane people should be made to conform, as far as

possible, to that to which they have been accustomed, and which they would have chosen were they at liberty.

In this point of view the native and foreign insane need very different provision in many respects. Yet if they are associated in the same institution, no material distinction can be made.

TABLE No. 10,

Shows the Supposed Causes of Insanity.

	1856.			Previously.			Total in three years.
	Male	Females.	Total.	Males.	Females.	Total.	
Ill-health, . . .	3	31	34	28	57	85	119
Intemperance, . .	15	7	22	34	8	42	64
Masturbation, . .	9	—	9	23	3	26	35
Religious Excitement,	1	4	5	12	17	29	34
Childbirth, . . .	—	7	7	—	15	15	22
Domestic trouble, .	4	8	12	10	14	24	36
Disappointment, .	1	2	3	5	7	12	15
Loss of friends, . .	2	2	4	3	13	16	20
Trouble about prop'ty,	7	—	7	15	4	19	26
Sun-stroke, . . .	—	—	—	3	—	3	3
Spirit-rappings, . .	3	2	5	1	5	6	11
Paralysis,	1	—	1	8	2	10	11
Hard work,	2	2	4	4	3	7	11
Millerism,	—	—	—	3	—	3	3
Bite of a Cat, . . .	—	—	—	1	—	1	1
Injury,	4	1	5	10	1	11	16
Use of tobacco, . .	1	—	1	—	1	1	2
Fright,	—	2	2	3	4	7	9
Congenital,	—	1	1	1	1	2	3

TABLE No. 10—*Continued.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Old Age, . . .	1	—	1	1	—	1	2
Chorea, . . .	—	—	—	1	—	1	1
Want of employment,	—	—	—	1	—	1	1
Healing of Ulcers, .	—	—	—	1	2	3	3
Love affair, . .	—	1	1	—	4	4	5
Epilepsy, . . .	4	2	6	11	5	16	22
Turn of Life, . .	—	—	—	—	3	3	3
Sudden good fortune,	—	—	—	1	—	1	1
Seduction, . . .	—	—	—	—	3	3	3
Ill-treatment, . .	—	1	1	—	4	4	5
Exposure, . . .	1	—	1	1	1	2	3
Jealousy, . . .	—	—	—	2	2	4	4
Homesickness, . .	—	—	—	—	1	1	1
Hard study, . . .	—	—	—	3	2	5	5
Use of narcotics, .	—	—	—	—	1	1	1
Light reading, . .	—	—	—	—	1	1	1
Syphilis, . . .	1	—	1	—	—	—	1
Free love doctrine, .	—	1	1	—	—	—	1
Unknown, . . .	22	29	51	53	74	127	178
Totals, . . .	82	103	185	239	258	497	682

This table is headed *supposed* causes, for no part of the study of this most obscure and difficult disease is so uncertain as the investigation into its causes. Often the disease cannot be attributed to any one cause; still oftener the cause and its effects are so mingled together, that it is impossible to separate or distinguish them. And frequently the history of the patient is so

imperfectly given to us, that we have not the slightest clue to its origin, except from the condition of the patient after admission to the hospital. In a very large part of the cases, we find upon inquiry that there is some hereditary disposition to insanity in the family to which the patient belongs. This we have not reckoned in our table as one of the causes of insanity. A person with a strong hereditary tendency to the disease, is of course more likely to be insane than others, still, if not exposed to an exciting cause, and if all proper precautions are taken against it, he *may*, and many do, pass through life without being overtaken by it. A family taint predisposes an individual to this disease, just as the taint of scrofula or malignant disease disposes persons to those disorders, but something more is needed in order to develop it. Numerous instances have occurred of brother and sister, parent and child, and the more remotely connected relatives becoming at the same time inmates of the institution.

TABLE No. 11,

Shows the Ages at which Insanity appeared.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	1	—	1	2	—	2	3
Between 5 and 10, .	—	1	1	1	1	2	3
10 and 15, . . .	—	—	—	4	2	6	6
15 and 20, . . .	4	7	11	27	19	46	57
20 and 25, . . .	13	15	28	37	43	80	108
25 and 30, . . .	15	24	39	40	50	90	129
30 and 35, . . .	14	16	30	21	30	51	81
35 and 40, . . .	10	15	25	31	31	62	87
40 and 45, . . .	9	8	17	22	19	41	58
45 and 50, . . .	3	6	9	13	21	34	43

TABLE No. 11—*Continued.*

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 50 and 55, .	3	5	8	8	9	17	25
55 and 60, .	4	3	7	9	8	17	24
60 and 65, .	1	2	3	5	5	10	13
65 and 70, .	1	1	2	5	4	9	11
70 and 75, .	1	—	1	3	—	3	4
75 and 80, .	3	—	3	1	—	1	4
Unknown, . . .	—	—	—	10	16	26	26
Totals, . . .	82	103	185	239	258	497	682

TABLE No. 12,
Shows the last Residence of Patients.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	17	21	38	32	41	73	111
Barnstable " . .	2	1	3	8	13	21	24
Plymouth " . .	9	11	20	13	21	34	54
Dukes " . .	2	—	2	5	1	6	8
Norfolk " . .	18	13	31	43	36	79	110
Middlesex " . .	7	5	12	8	9	17	29
Franklin " . .	—	1	1	2	1	3	4
Essex " . .	3	5	8	8	9	17	25
Suffolk " . .	23	44	67	13	19	32	99
Worcester " . .	—	—	—	—	1	1	1
Nantucket " . .	—	—	—	1	—	1	1
Worcester Hospital, .	—	—	—	106	105	211	211
Other States, . .	1	2	3	—	2	2	5
Totals, . . .	82	103	185	239	258	497	682

Under the new arrangement the number of patients received from the city of Boston the past year has materially increased. From the other counties in the State the number has slightly diminished. Since the establishment of the State almshouses, most of the towns have considerable spare room in their own almshouses, and, as a matter of supposed economy, many of them keep such lunatics as are dependent upon them for support, and are supposed to be harmless and incurable at home.

It is very much to be doubted, however, whether there is any thing more than an *apparent* diminution of the expense produced in this way.

TABLE No. 13,

Shows by whom the Inmates of this Hospital have been supported.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	39	55	94	106	94	200	294
Towns,	9	14	23	75	91	166	189
Friends,	34	34	68	58	73	131	199
Totals, . . .	82	103	185	239	258	497	682

Last year the number admitted, who were supported by the State, was less than seven-twentieths of the whole; this year it is more than one-half. The number supported by the towns has diminished from about one-third the whole to less than one-eighth. This is undoubtedly in consequence of the fact remarked upon in connection with the last table. The number supported by their friends is larger than ever before.

TABLE No. 14,

Shows the Proportion of Committals.

	1856.			Previously.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	54	73	127	88	78	166	293
Committed by Gov'n'r,	4	2	6	106	112	218	224
Committed from State Alms-houses, . . .	—	3	3	4	12	16	19
Boarders,	24	25	49	41	56	97	146
Totals,	82	103	185	239	258	497	682

During the past year two convicted felons have been sent to us from the houses of correction. Both of these men are of the worst and most dangerous class of criminals. They were sent to us, not with the expectation that they could be cured of their insanity, but because they were feared in the prisons. Besides these, two men sent the previous year from the State prison, one of them convicted of manslaughter, the other of highway robbery, still remain with us. The impropriety of their being sent to a hospital as a place of confinement, was strenuously remarked upon in the last report. Their influence upon the other patients is in all respects bad. Their language is low and profane, and abusive of the officers and attendants. They need a different mode of treatment from the other inmates, which introduces a disturbance in carrying out the regulations of the institution.

The constant vigilance which is necessary to prevent their escape, and to insure safety from them, absorbs too much of the attention and time of both officers and attendants, and takes them away from their legitimate field of duty. The security of society, the safety and good of the insane, and the reputation of our lunatic hospitals imperatively demand that they should be kept elsewhere. The asylum for the insane should not present the spectacle of being the only place, where crime and in-

nocence are associated together, and where proper regard is not paid to security from men convicted of the worst crimes. The repugnance which exists in all virtuous minds to contact with vice, does not necessarily leave the individual who becomes insane. It not unfrequently happens that this sensibility is heightened to a great degree. And even in cases when it is lost, it should be one of our first duties to endeavor to restore it. It only remains for us to ask whether it is better for the convicts themselves to remain in the hospitals. My own belief is decidedly that a residence in the prisons would be preferable for them. The prison is constructed, arranged and governed with a view to keep this class with as much comfort as can be consistent with safety. The hospital is built and regulated with a view to an entirely different class. To be kept safely in the latter, more strict confinement of the convicts is necessary, and there are no safe means of occupation for him, (and all who have been sent to us have been fit to be employed.) It is necessary, also, to place him among the worst class of lunatics, where he is annoyed by their cries, and the mutual influence of each upon the other is equally bad. As yet, none of this class have escaped from us, and none have committed any serious injury. But how long we may continue to keep them so safely, is a matter of great doubt.

The improvements which were in progress at the time of the last annual report, have been perfected, and their results have been in all respects as satisfactory as was anticipated. The new laundry was occupied at an early day in the year. It is found to be pleasant and convenient, affording every desirable facility, and removing a source of great annoyance from the house. The room formerly occupied as a wash-room, now affords us convenient store-rooms, which were much needed. The old ironing and drying-room makes a most excellent and pleasant sewing-room, which is daily filled with a cheerful and happy company of females. The number of females who are now employed in the various departments of domestic duty, fully equals half the whole number, and greatly relieves our halls. Those that leave the halls for work are more happy and healthier, and are drawn away from the subjects of their delusions. While those who remain are more quiet, less exposed to irritation, and are able to receive more attention from their attendants.

The most important improvement of the past year has been in our method of heating and ventilating. In nothing is the imperfect condition in which such buildings come into the hands of those who are to carry them on, better illustrated than in the history of our heating and ventilating apparatus.

Originally we were supplied with two tubular boilers, each sixteen and a half feet in length, and four in diameter, and containing fifty-four tubes.

During the first winter this was our only heating power, and it was found so inadequate that three powerful furnaces were necessarily set to save us from suffering. The following year a new boiler, supposed to be equally powerful with the other two, was added. This enabled us to keep tolerably comfortable without ventilation; but this year, when an effective system of ventilation was being introduced, it was found necessary to add still another boiler of a capacity fully equal to that procured last year. So that now the capacity of our boilers is fully three times what was originally furnished and thought to be amply sufficient. The furnaces have now been abandoned and removed, and every part of the building is warmed by steam.

This will undoubtedly be a gain in economy and in safety.

The old system of ventilation was by means of a heated shaft. This method, as stated in the two previous reports, was found to be entirely inefficient, and it was thought best to abandon it altogether. The present system, which is being introduced under direction of your Board, and which is now nearly completed, is that of a forced ventilation by means of a fan. The fan and engine by which it is worked are placed in the rear part of the central wing, occupying a vacant room, and the space in the basement below it. The engine, a vertical one of about ten-horse power, is supplied with steam by a branch from the main steam pipe, which passes through the centre of the basement of this wing. Between the engine and fan is a large room, open to the external air, except for a blind to protect it in a measure from the weather. From this room, through a circular opening, in the centre of which passes its shaft, the fan is fed, taking in the air at its centre, and discharging it at its circumference. The fan is of such a capacity, that revolving at a proper and safe velocity, it will discharge one hundred thousand cubic feet per minute. This, if we have three hundred and thirty persons

in the house, will supply three hundred cubic feet per minute to each person. As this is a matter of actual accurate calculation, there can be no doubt of our ability to ventilate the house perfectly in this manner. The actual amount supplied in winter will probably be measured by our heating power. After leaving the fan, the air passes through a duct of a capacity of sixty square feet, situated along the basement of the central wing, one wall of which is made by the basement wall of the building, to the circular space under the central staircase, from which it passes on either hand into the basement of each wing, traversing the whole length of each, and constituting the cold-air duct. On each side, separated from it by a wooden partition, which has been made with the utmost care, are the hot-air chambers, containing the steam-pipes, which also traverse the entire length of each wing. The air passes from the cold-air duct under the pressure from the fan into these chambers, through valves in the partition eighteen inches square, which are controlled by doors. After being heated in the hot-air chambers by contact with the steam-pipe, the air passes on by flues to each hall, and to many of the rooms. Many new flues have been constructed, and many old ones, which formerly were useless, have been made available.

By the old arrangement, the heat all passed into the halls, the rooms depending entirely for warmth upon a small opening over the door. The consequence of this might have been readily foreseen; when the halls are comfortable, the rooms are cold. With a large part of the patients this was of little importance, as they pass the day chiefly in the hall, but for those who desire retirement in their rooms, and for those who occasionally were obliged to be confined there for a part of the day, it was a serious inconvenience. Several rooms are now warmed in each hall, directly from the hot-air chamber. The new flues are made to open at the lower part of the rooms and halls, instead of at the upper part, which was the old plan. They are protected by a patent register, which is controlled by a key, and does not permit any thing to be thrown down. They afford much more comfort than the old ones.

Ten thousand additional feet of steam-pipe have been added, making our present quantity in the basement forty thousand feet. Their construction and arrangement too has been mate-

rially altered and improved. The old pumps for supplying the house with water, and for filling the steam-boilers, which were always inefficient and troublesome, and latterly have been hardly equal to their work, have been given up. And there have been substituted for them two steam-pumps of much greater power, and of a more approved pattern, which change allows us to dispense with the small steam-engine formerly used for this purpose. The introduction of the large steam-pump, besides the other advantages which we expect to derive from it, has enabled us to effect one object, long much desired, but never before very practicable, that of affording a suitable means of protection against fire. A branch from the main water-pipe has been brought into the centre of the first story, to which a hydrant has been attached, with hose enough to carry water to every part of the establishment.

Considerable furniture has been added to the house the past year, affording comfort and ornament to the halls and rooms; and a large number of engravings have been purchased, of a character adapted to the institution. To that eminent friend of the insane, Miss D. L. Dix, we are indebted for a large number of pictures, and games for the amusement of our patients.

During the year, considerable progress has been made in enriching the soil and preparing the grounds for future embellishment. And the farm itself, through the large quantities of fertilizing matter bestowed upon it, has been much more productive than heretofore. Although the soil is exceedingly light, so that it can never be made good grass land, and perhaps not very profitable in any way, it has been found easy of cultivation, and with the rich dressing we are able to afford it, it will probably in future yield us good crops of early vegetables for the use of the household.

The following have been the principal productions for the past year, and their estimated value:—

13 bushels Rye,	\$19 50
3½ tons Straw,	42 00
120 bushels sweet Corn,	120 00
200 bushels Pease,	200 00
32 bushels Beans,	80 00
10 tons Hay,	220 00

Fodder Corn,	\$120 00
3,730 bushels Potatoes, at 40 cts.,	124 00
3½ tons Squashes,	105 00
	<hr/>
	\$1,030 50

Besides which there have been killed for the use of the house:—

5,336 pounds of Pork, at 9 cts.,	480 24
3,739 pounds of Beef, at 7½ cts.,	280 42
12 Pigs,	36 00
500 pounds Poultry, at 14 cts.,	70 00
Add to which—	
17,547 quarts Milk, at 6 cts.,	1,047 42
	<hr/>
	\$1,914 08

A large number of ornamental trees and shrubs were set out last spring about the building and avenue, and they generally appear thriving and healthy.

The various means of amusement which have been employed in previous years, have continued, with many additions and improvements to aid in disseminating a cheerful spirit through the household. The singing-school continues to excite unabated interest. The magic lanterns and dissolving views, to which new pictures have been added, still afford much gratification every week to a large audience. And the various games pursued either in the hall or in social parties in the parlors, furnish frequent opportunities for breaking up the monotony of hospital life. About two hundred volumes of selected books have been purchased the past year, and are seized upon with great avidity. Our reading-room also has been well supplied with the latest intelligence, and with some of the best papers of the day. The various holidays are enjoyed in the hospital by a large part of the patients, with great zest. Thanksgiving, Christmas, New Years' and Fourth of July, are festive days here, and are looked forward to with as eager anticipations as elsewhere.

Before closing this report, I should do injustice to my own feelings did I not express to you my deepfelt appreciation of the good fortune I have personally enjoyed, and of the great advan-

tage the hospital has ever derived from the government of a Board of Trustees, who have been so devoted to its interests, and have identified themselves so closely with its reputation and responsibilities. Through the changes which have yearly taken place in its number, no diminution of its interest or attention has fortunately, as yet, occurred. Besides the value of their services to the hospital, I feel deeply the great gain which the Superintendent personally derives from their support and advice, and by the weight of responsibility of which they relieve him.

To the officers and attendants of the institution generally, and particularly to Dr. Holman, who continues to be my able and attentive assistant, are due the approval and thanks of all friends of the hospital, or of any of its inmates. Upon each one connected in any way with the government of a lunatic hospital rests very grave responsibility. They are powerful for good or for evil. There are many trials for each, for all many unpleasant duties. No one who has not been in a similar situation, can probably fairly estimate the difficulties peculiar to our duties here.

That we may all be endowed with the disposition and the ability to be faithful to our great trusts, and to do our whole duty by all with whom we are connected here, should be our constant prayer to the Giver of all good gifts. Let us give Him the praise for all the success we have hitherto enjoyed, and invoke His blessing upon all our future efforts.

GEO. C. S. CHOATE.

✧ FOURTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

OCTOBER, 1857.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1857.

Commonwealth of Massachusetts.

FOURTH ANNUAL REPORT

OF THE

TRUSTEES OF THE STATE LUNATIC HOSPITAL, AT TAUNTON.

*To His Excellency the Governor, and the Honorable Council of
the Commonwealth of Massachusetts :—*

The Trustees of the State Lunatic Hospital at Taunton, respectfully submit their Fourth Annual Report.

With reference to the accompanying Report of the Superintendent, for details of the condition and management of the Institution, the Trustees beg to make such remarks as may illustrate its general position, or are applicable to its immediate necessities.

During the past year, an important improvement has been made in heating and ventilating, which we trust will remedy the defects of the former arrangement, and give pure air and ample warmth to all parts of the building. There has not been an opportunity of fully testing its merits, since its completion, and a winter will be required to decide as to its entire competency.

A large and commodious barn is now in process of erection that will meet the wants which have been felt in the present inadequate accommodations.

The site of the hospital, though healthful and abounding in many natural advantages, is singularly unfitted for farming. The land is generally poor, and much time, patience and labor will be required to convert sterility into fruitfulness. Every care has been taken to enrich the soil, that abundance may gradually be wrung from the reluctant earth, and an economy be consulted in compelling barren fields to contribute to the support of the institution.

The grounds in the immediate vicinity of the building are assuming a cheerful and cultivated aspect, which has been effected chiefly by the voluntary labor of the patients.

A kitchen garden is much wanted, where taste may be combined with utility, and which, in giving a healthy occupation to the many who would gladly avail of the opportunity, would meet a never ceasing demand for its productions. There is no part of the farm convenient for this purpose, and the Trustees are very desirous to purchase a piece of land, of several acres, admirably adapted to this object, both as to position and quality, which is now separated from the grounds by a public road, which runs so short a distance from the hospital that much annoyance is caused by those who frequent it for the purpose of holding communication with the inmates. An arrangement can be made by which the course of the road will be altered so as to run outside the new piece of land, and thus answer at once a pressing necessity and remove a decided nuisance.

To effect this purchase, an appropriation of three thousand dollars will be required, and we respectfully ask this amount from the State.

The hospital was constructed for two hundred and fifty patients. It has now nearly one hundred over that number, and there is, consequently, a necessity for arrangements and calculations not originally intended. Its halls are crowded, its rooms filled with beds, more numerous attendants are required, and a more constant supervision demanded. It becomes more and more difficult to test the efficacy of distinct classifications, made not only in reference to mental condition, but to past habits and associations. At present there are but few divisions, and these made solely with regard to the grade of insanity. All classes herded together, and in the various halls there is an indiscriminate mingling of nations and tongues, of customs, tastes,

and culture. Refinement and vulgarity dwell within the same circumscribed limits, and meet in daily contact. The cultivated man, whose wrecked mind still clings to its old memories, jostles in his walk the newly landed and ignorant pauper; and the delicate woman, fresh from the endearments of her New England home, is continually subjected to the repulsive coarseness which surrounds her. There may be relief in the seclusion of their own rooms, but a separate chamber is a luxury, which can rarely be afforded where numbers far exceed the means of accommodation; and, besides, the chances of recovery are almost proportionably reduced with the continuance of solitary confinement. It is to be hoped that philanthropy will yet devise some remedy for the evil to which we have alluded, and that State benevolence will readily avail of the suggestion. Distinct modes of treatment are by no means inconsistent with a general, impartial, and uniform charity.

One of the most serious impediments to the successful administration of the institution, is the admission of insane convicts, who, while suffering the penalty of crime in the State prison or houses of correction, develop homicidal propensities which require the closest confinement, or a peculiar supervision inconsistent with the discipline extended to other patients. One of the first steps taken by the Trustees on obtaining possession of the hospital, was the removal of all the close cells, or "strong rooms," and the substitution of comfortable apartments, where the unhappy sufferer should not perpetually be reminded of his affliction by the harsh means deemed necessary to secure him. The stone floors, the barred windows, the hole for thrusting in his food, the iron doors, through whose small grating he could be gazed at as a wild beast and glare back his hatred and defiance, were all a remnant of that old fashioned cruelty which suggested and increased the violence against which it guarded, and forced on the poor victim the continual conviction that he was placed beyond the bounds of human sympathy. The Trustees have never regretted the course they took, but, on the contrary, have rejoiced in their instrumentality in effacing a relic of barbarism alike unnecessary and disgraceful. In no case have these "strong rooms" been required; and, although there have been patients at the hospital whose violence has occasionally been of the worst description, there has been no

instance which has not yielded to milder restraints and gentler treatment. It is therefore with the deepest regret that we have been called upon to become keepers of another class, against which our usual precautions may be unavailing. Were an insane hospital a mere prison-house where the most afflicted of our race could be huddled together with a sole view to their security, effected in the easiest manner and with the least possible outlay, without regard to decency or comfort, or the possible chances of recovery, we might step backward to stone dungeons, with their furniture of chains and straw. But this is not its only or principal object. Its custodial character is secondary. It is not simply an asylum for incurable lunacy or helpless imbecility, but a remedial temporary refuge, where the peculiarities of mental disease can be investigated, and the sufferer be given back to society and usefulness. Our duties would, indeed, be sad and wearisome if, in our weekly visits, we met only the same unmeaning faces and the unchanged symptoms of hopeless madness. But we are so often cheered by friendly recognitions and the healthy signs of returning intelligence, that we feel there is a pleasant side to a frequently painful experience, and the numbers we continually discharge from the institution are the most satisfactory indications of its best character.

With few exceptions, and those mostly periodical and guarded against by timely precaution, the inmates of the hospital who are incurably insane, are harmless, and enjoy a freedom which contributes to their tranquillity. They appreciate the confidence reposed in them and endeavor to deserve it. Stricken down by a fearful and mysterious dispensation, which separates them from their fellow men, they are hallowed by their calamity, and are entitled to that consideration which should protect them from insult. Many of this class are sufficiently conscious for self-respect, and feeling that their malady has no connection with wrong, are justly outraged by the companionship of criminals. To a much greater degree does this sentiment extend among those who are less afflicted. It is probably known to most of the patients, that, at this very time, the hospital contains several persons who have been sentenced by criminal courts and have been transferred to it from prisons. Four of these are dangerous men, plausible, crafty and homicidal, and

cannot be trusted for a single moment unguarded in the company of others. Their presence has an influence affecting the moral character of the whole establishment, and is striking a serious blow at its efficiency and value. We enter our indignant protest against this abuse, and we earnestly request that a place sacred to misfortune may not be desecrated by crime.

Employment is the most useful agent in a large proportion of the cases of insanity, and the Trustees are anxious to multiply the resources of labor and amusement. The sewing-room and laundry give occupation to a great number of females, and it is desirable that the male patients should engage in trades to which they have been accustomed, or be employed in work or recreation which shall divert them from themselves, and allow the hands to relieve the overwrought and wearied brain. Books and newspapers are liberally provided, and it is to be hoped that, in time, a respectable library will be collected, which will prove a powerful auxiliary in the government and remedial character of the institution.

The Trustees have, above all other considerations, endeavored to encourage a spirit of charity and benevolence. Men and women do not cease to be human when they become inhabitants of an insane hospital. Underneath the current of madness lie the old feelings, which once gave a charm to life, and which again come rushing upward at the bidding of friendly words and kindly interest. The most furious maniac is sometimes calmed by mildness, and the most flickering reason is often fixed by the soothing sounds of a gentle voice. The world certainly grows better in some things. The old madhouse, with its instruments of torture, is among those horrors of the past which make us wonder whether our ancestors were Christian men. The modern hospital rises in evidence of our superior humanity; but, as we look back and congratulate ourselves on what we are, we should also look forward to what we may be, and be stimulated to improvement by the reflection, which must come to all who are familiar with insanity, that there is yet much to be done in the correction of old errors and the attainment of new truths.

It is with much satisfaction that we bear testimony to the continued worth and valuable services of the officers of the institution. The friendly regard of the Superintendent to the

unfortunate beings confided to his care, is not confined to his official duties in the halls allotted to them, but his own apartments are the scenes of social gatherings and varied amusements, where the patients forget their troubles and feel that they yet belong to the great human family. His readiness to suggest or approve whatever may ameliorate their condition, has lightened our labors and given confidence and encouragement where there would seem to have been only room for doubt and sorrow. He believes, with us, that in the sacred charge committed to us, there is no power like kindness; that the sound and diseased mind belong to the same common humanity, and that one in protecting the other should remember, as it watches over dependant suffering, that it was of such that he, who pronounced all men brethren, declared, in enjoining his great lesson of Christian charity, "Inasmuch as ye have done it unto one of the least of these, ye have done it unto me."

GEO. R. RUSSELL.

GEO. A. CROCKER.

GEO. HOWLAND, JR.

M. R. RANDALL.

JAMES W. SEVER.

T R E A S U R E R ' S R E P O R T .

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending September 30, 1857, is respectfully submitted to the Board of Trustees :—

R E C E I P T S .

Balance in the hands of the Treasurer, November 30, 1857,	\$1,506 56
Received from State Treasurer for support of patients, 12,828 97	
towns for support of patients,	14,899 43
individuals for support of patients,	6,393 97
sale of sundry articles,	290 79
Loans from Machinists' Bank,	16,531 50
Balance due the Treasurer,	684 73
	<hr/> \$53,135 95

P A Y M E N T S .

Paid on account of supplies,	\$16,882 45
of fuel and light,	3,345 89
of labor,	5,804 29
of farm,	1,964 62
of furnishing,	3,663 52
of incidentals,	693 71
of construction and repairs,	781 47
Paid Machinists' Bank for loans,	20,000 00
	<hr/> \$53,135 95

The present loan from the bank amounts to \$6,786.50.

GEO. C. S. CHOATE.

The undersigned, a committee appointed for the purpose, have this day examined the accounts of George C. S. Choate, Treasurer of the institution, for the year ending September 30, 1857, and find them correct, and properly vouched. They also find a balance due the Treasurer of \$684.73, which is carried to his credit in new account.

GEO. HOWLAND, JR.

GEO. A. CROCKER.

STATE LUNATIC HOSPITAL, {
October 9, 1857. }

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton:—

GENTLEMEN:—In presenting to you, for the fourth time, an annual report of the condition of this hospital, and a brief review of the labors, incidents, and progress of the past year, feelings of gratitude to the Almighty Power, that has brought us thus far safely and prosperously upon our course, should be uppermost in my mind. The liability to accidents of various kinds, the risk of numerous unpleasant occurrences is nowhere greater, as you are aware, than in an insane hospital, and is the source of unremitting anxiety to its officers. That during the first four years of its active operation this hospital has enjoyed almost an entire immunity from such, should be of itself a source of the greatest satisfaction and congratulation.

Since the opening of the hospital but two suicides have occurred; one of these during the past year. The patient, a lady, who had been for some months an inmate of the institution, being left for a few moments by her attendant, tore a strip of cloth from her dress, and succeeded in effecting her object by hanging herself from the head of a bolt projecting about three-eighths of an inch from a pipe in the water-closet. When found, she was quite dead. No other serious accidents have occurred during the past year, nor, indeed, since the opening of the hospital. Among upwards of three hundred insane persons congregated together, and crowded, (which increases greatly the liability to accidents of all kinds,) with many strongly disposed to self-destruction, and others equally bent upon homicidal acts, no serious violence has been committed by any of them, upon the person of either officer or inmate.

The usual proportion of patients have recovered and improved during the past ten months, and it is hoped that much has been done to increase the comfort and happiness of such as cannot be improved. While the main object of the institution, the restoration of the curable, is always to be kept prominently in view, it has been our endeavor never to lose sight of those secondary, but most important objects, providing comfortably for the hopeless, and securing society against the dangerous. One man only has escaped during the past year; he was a harmless, and probably incurable foreigner, who was allowed to work out of doors. Diligent search was made for him, without success, and probably ere this he has found a home in some other institution.

The general health of the inmates of the house, throughout the year, has been good. Typhoid fever, generally of a mild form, prevailed to a limited extent during the winter and spring, and two deaths occurred from that cause. During the summer we have had almost entire exemption from those acute affections of the bowels which usually prevail at that time. But three deaths from acute disease have occurred during the year. A large proportion of the deaths, as will be seen by the tables, have been from phthisis; and, next to this as a cause, ranks that chronic diarrhœa which is so frequent and troublesome in old cases of dementia. This arises partly, probably, from the effect upon the digestive organs of the impairment of the nervous energy and vital force, partly from the manner of eating of such patients, and in some cases is undoubtedly aggravated, and even induced, by their habits of introducing into the stomach a variety of filthy and indigestible substances. A very large proportion of the deaths has occurred among patients sent from Suffolk County. In all hospitals which receive patients from large cities, particularly from seaboard cities, the mortality is greater than in those whose patients are wholly or mainly from a rural population and small towns. The patients received from Boston are mostly Irish; as a nation, at least as we see them here, they do not bear disease well. They have not that vital force which offers resistance to the last to the assaults of a deadly disease. They have not that *vis medicatrix nature*, which is the great healing power, so well developed as our own native population. Their pre-

vious mode of life, a life of excess, poverty and exposure, is sufficient to account for this. Add to this, that the greater part of them are intemperate, which in a large number is the actual cause of their coming here, and we shall see abundant reason why more of them should die, and fewer recover, than among any other class. Many are brought here who are already almost in death's grasp. Our mortality this year would undoubtedly have been smaller than during either of the previous years, had we not received so much larger a number of patients than ever before, from Boston.

The increase in our numbers during the past year has been steady and rapid. From two hundred and ninety-eight, which was our number at the time of writing the last Report, we have gone up to three hundred and twenty-seven. Of this number one hundred and seventy-seven are males, and one hundred and fifty females. In previous years it has been our experience, as it has, I believe, been that of every other hospital in New England at least, to have the larger number of females; but, during the year past, the relative proportions of the sexes have been at once and decidedly reversed. The same difficulty which has been alluded to in former reports, arising from our small number of single dormitories, has been felt with greatly increased force with our increase of numbers. This may truly be said to be the greatest source of anxiety and danger in the minds of the officers of the institution. In the male wing, during most of the past year, we have been obliged to occupy the sitting-rooms in the two lower halls as sleeping apartments, and also to arrange beds at night upon the floors of each of the halls. It might, at first sight, appear that the number of insane in our State is rapidly increasing, and out of proportion to the increase of population. The increase in our numbers, however, should probably be more properly ascribed to the fact that the insane are more generally placed under hospital treatment, and that some resorts formerly open to them have been, during the last year or two, closed. The causes of insanity generally remain the same; no new ones have been developed. Comparatively few patients are brought to us in whom the disease has been caused by any of the popular delusions of the day. Spiritualism, an old delusion under a new name, affording food for a

class of credulous marvel-seekers, who formerly were fed with the mysteries of animal magnetism, mesmerism, witchcraft and fortune-telling, and who, after this delusion has faded away, will find some new form of wonder, brings us an occasional subject. But its influence in the production of mental disease has probably been much exaggerated. Any thing operating strongly upon the mind, and fixing its attention for a long time to the exclusion of other objects, may produce insanity, whether it be religion, love, sorrow, or the excitement of any of the sentiments or passions. A vicious education seems, in a large number of cases, to be at least a predisposing cause; and, together with hereditary tendency, seems to have a large share in preparing the mind to take on disease from causes which, without their aid, would be weak and ineffectual. Too great indulgence to the young weakens the powers of resistance to mental disease in a greater degree than is probably generally imagined; and the number of patients in our lunatic hospitals, who have been spoiled children, is not small.

Emigration is probably the only new cause of insanity among us, and the increase has been mainly in our foreign population. The causes operating peculiarly upon them as a class, have been noticed in former reports, and are still actively at work. The experience of another year has only confirmed me the more strongly in the opinion, expressed in the last year's Report, that separate provision should be made for this class, by reserving one of the State hospitals for their use. Social classification, to a limited extent, is highly desirable for the comfort and well being of the inmates of the institution, for the convenience of its government, for the feelings of friends, and, in a measure, for the full development of all the healing tendencies of hospital treatment. I do not mean that it is necessary or desirable that all the little, and, in some instances, unnatural distinctions of social life should be preserved; but when so wide a gulf separates two classes, as is everywhere observed between our respectable native and foreign population, it cannot be overstepped at once in an institution of this sort without unpleasant feelings, and without introducing a jar in the successful working of the machinery of the establishment. All the other social distinctions which are to be wished, can easily be preserved in the classification of each hospital; but the distinc-

tion of race and birth, when they are so equally divided as at present in this State, cannot be maintained in the same institution. Probably the last opportunity that we shall have, for a long period at least, for effecting this object, is now offered before the opening of the new hospital at Northampton. The expediency of this measure was ably discussed in the Report of the last Commission on Lunacy, and it was there conclusively shown, that this was the only classification by hospitals, which was practicable and desirable, and the great evils of the present arrangement were well set forth. Ten convicts, three of them from the State prison and seven from the houses of correction, are now inmates of the institution. The evil of having them here, both to the institution and its proper inmates, to themselves and to society, has been dwelt upon at length in former reports. This evil, in our present crowded condition, is of course more keenly felt than ever. One of them, during the past year, made a murderous assault upon an attendant, and very nearly effected his escape. He subsequently confessed that his object was murder, and through that, liberty. Another of them is an incendiary, much feared in this section of the State, and who ought to be kept in a place of the most perfect security. A third is a murderer of the most dangerous character, now under a sentence of twenty years' imprisonment for killing his wife. A fourth, a burglar by profession, attempted murder in the house of correction before being sent here. The reason why they are sent here is so obvious and so significant, that although stated in the last Report, I will venture to repeat it. It is because they are feared in the prisons, not because it is supposed they can be cured here. It is only the *dangerous* insane convicts who are sent from the places of confinement and correction to the hospitals. These are almost uniformly incurable cases. Since the opening of this hospital no convict sent from the State prison has recovered, and but two sent from the jails and houses of correction.

During the year a few patients, received when we were less full, from a neighboring State, were sent to their homes in order to afford us relief, and several applications from parties beyond our own borders, have been refused for the same reason. As yet, all who have applied for admission from our own section of the State, as well as all sent us from the courts, have been received and provided for.

The change that has taken place in the popular opinion, regarding lunatic hospitals, and in the popular estimation of the value of hospital treatment, is due, doubtless, in part, to the more wide spread dissemination of correct views on the subject through the annual reports of those institutions, and in part to the more mild and better system of treatment of the violent insane, which now prevails even in the hospitals themselves. Still it is a fact which not unfrequently comes under our notice, that a prejudice yet exists in the minds of many persons in the community against them, which in some instances operates most unfavorably to the insane, by making their friends unwilling to send them to a hospital till the last moment, and thus depriving them of the immense advantages of *early* hospital treatment. These advantages it is unnecessary here to dwell upon at any length. It is a fact now familiar to every one, that the efficacy of medical treatment in all diseases is in a great measure dependent upon the period at which it is applied; and that in many cases in which an early application would be effectual, at a later stage it proves entirely inert. But as to the causes of this prejudice, a few words may, perhaps, not inappropriately be spoken here; there are two prominent ones. First, the reports of patients who leave the hospital uncured, and secondly, the reports of persons who have been formerly employed in the institutions, but who have been discharged for not giving satisfaction. Many patients leave every hospital annually, uncured. These are taken away either through the caprice of friends, or to satisfy their own urgent pleadings to be set at liberty, or from motives of economy; or, in a few cases, because, being harmless and incurable, it is thought that they will be as well off at home. Among these are a class who can talk rationally upon most subjects, and who impress strangers very favorably as to their sanity and credibility. Almost all this class fancy they have wrongs; sometimes it is the officers of the hospital where they have been, sometimes it is their friends at home, who have ill-treated and abused them. These wrongs, though delusions in fact, are realities to them, and they speak of them with an earnestness and intensity of feeling which carries conviction to the mind of almost any one not intimately acquainted with the insane. Probably we as often hear in the hospital from newly-

arrived patients, awful stories of the enormous wrongs inflicted upon them by their relatives, as do the friends and the world at large hear corresponding tales of injuries in the public institutions. And one remarkable fact is to be observed in the former cases,—and if in them, why not in the latter?—that these charges of injustice are often, perhaps generally, made against those whom they best love when themselves, and who have done the most for their comfort and well-being. Patients are now within my recollection, and even now under our charge, who, having been allowed liberty out of doors, going and coming in the neighborhood almost as they pleased, have visited acquaintances daily for weeks together without their sanity being questioned, and who have finally convinced them beyond a doubt that the unhealthy delusions of their minds were realities such as they themselves believed them, and atrocious wrongs. The power of a man who is in earnest, and himself believes firmly his own statements, and feels in their full force his fancied wrongs, to convince his auditors, is immense. We are in the habit of looking, in our intercourse with others, first and foremost for evidences of sincerity; and, these found, to be satisfied. The second cause of the prejudice against these institutions arises from the accounts sometimes given by discharged attendants. In an insane hospital peculiar qualities of mind, disposition, and habits are required in those employed. As a consequence, many who are hired do not give the proper satisfaction, and are obliged to leave. Many, who in other employments would succeed well, are found to be not fitted to discharge the peculiar duty of attendance upon the insane. We all know what are apt to be the feelings of persons discharged from any situation; many of good character, and who, under ordinary circumstances, would be the last to attempt to deceive, are so biased by their feelings, as to give impressions very far from truthful or fair. I have dwelt thus at length upon this matter, because it seems to me, that in its bearing upon the chance of cure in many cases, it is one of the utmost importance to the insane themselves. As regards the officers of hospitals, they must and do expect to bear misconception from these sources. It is a part of their daily duty to bear false accusations, unfounded complaints, and unreasonable denunciations; but if it prevents a single patient annually

from being sent to the hospital, while there is yet a loop-hole of escape from life-long insanity or idiocy,—if it deprives a single individual in each year of the advantages of those remedial means for which the hospital was established,—it is worthy our most strenuous and active endeavors to diminish and do away with it. The present system of supervision of our public institutions, and the uniformly high character of those Boards to whom it is intrusted, should of itself be a sufficient guaranty against any flagrant abuses.

If friends would in all instances have confidence enough to place the insane early under hospital treatment, and then have the requisite patience to leave them entirely under the direction of its officers, without attempting to see them for a reasonable time, undoubtedly not a few, which now become hopeless cases, would be saved. In the first place, it is of the highest importance, in a large proportion of the hopeful cases, that they should not for a time see their friends. That almost every person, whose mind becomes disordered, should be entirely separated from those with whom he has been accustomed to live, from his family and friends, and even from his neighbors and acquaintances, and restrained from his usual habits and avocations, and confided to the care of strangers in a strange place, is a rule recognized universally by the most experienced physicians in this and other countries. So true is it, that the statistics of an eminent Parisian physician, attending one of the largest hospitals in the world, show, that the proportion of recoveries in those sent to the hospital from other cities is greater than among those living in Paris, which he ascribes to the more complete isolation of the former from friends and old associations. Mental disease renders the sensations of the sufferer morbid, and in many cases painful. He cannot believe that the causes of this lie in himself. He is convinced that his friends are endeavoring to irritate him—that they contradict and thwart him unreasonably; he takes their expressions of affection and love as offences—their assiduous care and watchfulness he looks upon with suspicion and jealousy. Any old matters of discord or of slight disagreement, which have occurred to every one, but which have been long forgotten, are apt to be taken up, and magnified and dwelt upon, till he fancies them monstrous wrongs. The first effect of isolation from his friends and

from familiar scenes, is to break up this chain of morbid ideas, of which he cannot at home possibly divest himself, and to produce a new series of sensations. Strange and unexpected impressions are produced upon him, which, in a large proportion of cases, bring about an immediate remission of the disease, which is of the utmost importance in the subsequent treatment of the patient, and which would be materially interfered with by the early visits of friends, and by the renewal of old associations which would follow. It is not an uncommon circumstance for patients to be brought to the hospital, perhaps in irons, who have, up to the period of their removal, been furious and frantic, becoming well-behaved, and, to all appearance, perfectly sane immediately upon their admission, and exhibiting no evidence of insanity for weeks and even for months, and in a few rare instances, never. The maniac, who has exhibited the most intense dislike to those who have been most dear to him, without the slightest reason, breaking out into fury while associating with them, often becomes calm before, or attaches himself readily to a stranger, owing partly to his presence being unattended by any disagreeable associations, partly to a feeling of pride, which induces him to conceal his feelings and condition, and partly to those feelings of restraint and diffidence, which induce him to call into action more strongly his own powers of self-control. Complete isolation can only be afforded in a public institution, and is one of the great advantages which the latter has over a residence in some quiet family away from home. There is one objection, which has been urged against large public institutions, which it may be well to briefly notice in this place—the necessary association with a large number of fellow-sufferers with the same disease. This, however, is not found in fact to be an obstacle to recovery, and in many cases and for obvious reasons, is a decided aid. The strange objects around a patient serve to distract his attention from those absorbing subjects upon which his mind has been previously engaged, and which were operating injuriously, and at the same time cause him to reflect seriously upon his own condition. The force of example also influences the insane, many of them equally with the sane, since a large part of them are not deficient in sagacity and a just comprehension of what is passing around them. The departure of patients who have recovered, encourages them to

hope for their own restoration to health and liberty, and the presence and good offices of the convalescent are of the highest possible value. Many of these by the example of their conduct, and by their advice, and by the spectacle of improvement which they exhibit, operate most strongly in aid of remedial treatment. The attentions and affectionate care which the insane receive at home from their friends, are apt with them, as is too much the case with us all, to pass for little or nothing, as something which is their due or a matter of course; but expressions and acts of kindness toward them in a hospital, from strangers, whether attendants or convalescents, are more deeply appreciated, as something not due nor exacted, and novel and unexpected. The complete calm and repose which the hospital affords,—the entire seclusion from all those persons and objects which are the sources of anxiety, irritation and chagrin, from domestic troubles and business difficulties, from old associations and connections, which always have something or other bitter in them—which is most apt to be selected as food for thought—the regular life,—the regimen, both moral and physical,—the example afforded of a large number of persons similarly situated, obeying without reluctance the regulations of the place, all conspire to aid in recovery, and also to render the insane amenable to control, without a tenth part of that physical restraint which would be necessary at home. Transference from home to a hospital, indeed, is, in many cases, the substitution at once of moral for physical restraint; and when we unite to this a judicious moral management, and an enlightened medical treatment, the employment of all those means which our hospitals are now provided with for diversion, and for distracting the thoughts from the delusions and morbid ideas upon which they are inclined to dwell, the advantages of hospital treatment are complete and manifest. The greater experience which is acquired by the officers and attendants in large institutions, is an advantage which should be duly estimated, and allowed to weigh against the supposed disadvantages which attend them in other respects.

As to the time when visits of friends should first be permitted, this varies greatly, and should, in all cases, be left entirely to the discretion of the attending physician.

The usual tables, exhibiting the statistics of the institution, with all the important facts contained in the records, have been prepared, and are herewith presented. Some of them, particularly those showing the causes of disease, are not perfectly reliable; but, taken together, they are valuable, as from statistics are made out some of the most important facts in the history of the disease.

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients remaining November, 30, 1856, . . .	140	158	298
Number of Patients admitted since November 30, 1856, . .	123	84	207
Number of Patients under treat- ment during the year, . . .	263	242	505
Number of Patients discharged during the year,	68	66	134
Number of Patients died during the year,	17	26	43
Number of Patients eloped dur- ing the year,	1— 86	— 92	1— 178
Number of Patients remaining September 30, 1857, . . .	177	150	327

The admissions have averaged nearly twenty-one per month. Last year they were fifteen per month—the two previous years less than this. The greatest number in the house at any one time was three hundred and thirty-nine. The largest number of admissions, as in former years, has been in summer.

Admitted in Dec., 15; in March, 20; in June, 35; in Sept., 16.

Jan., 13; April, 23; July, 27;

Feb., 15; May, 15; Aug., 28;

In Winter, 43 in Spring, 58 in Summer, 90

The number of females has not only relatively, but actually, decreased during the past year—more than the whole increase being on the male side.

TABLE No. 2,
Shows the Condition of those Discharged.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	45	37	82	82	86	168	250
Improved, . . .	7	7	14	20	24	44	58
Unimproved, . . .	16	22	38	28	36	64	102
Totals, . . .	68	66	134	130	146	276	410

Compared with the whole number of discharges the past year, the recoveries have been sixty-two per cent. The number of those who have either recovered or have been decidedly benefited, has been seventy-two per cent. of the whole number discharged, which is the same proportion as existed last year. Thirty-eight, it will be seen, were discharged unimproved. Fifteen of these were discharged at the request of the Commissioners of Alien Passengers, and have been sent either to one of the State almshouses or to homes out of the State. Nearly all the remainder were taken away at the request of the overseers of the poor of the towns to which they belonged, from motives of economy, and have been carried to the various town almshouses. All of these were harmless and incurable.

TABLE No. 3,
Shows the Character of Insanity in those Admitted.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	72	43	115	116	157	273	388
Melancholia, . . .	8	11	19	44	51	95	114
Monomania, . . .	9	8	17	54	46	100	117
Dementia, . . .	34	22	56	107	107	214	270
Totals, . . .	123	84	207	321	361	682	889

TABLE No. 4,

Shows the Duration of the Disease before admission.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than three months,	57	32	89	106	127	233	322
Between 3 and 6 mos.	22	11	33	26	34	60	93
6 and 12 mos.	16	11	27	24	29	53	80
1 and 2 yrs.	5	8	13	39	36	75	88
2 and 3 yrs.	7	3	10	23	27	50	60
3 and 4 yrs.	3	2	5	14	18	32	37
4 and 5 yrs.	3	1	4	15	11	26	30
5 and 10 yrs.	4	9	13	35	53	88	101
10 and 20 yrs.	3	6	9	31	18	49	58
Over 20 years, . . .	3	1	4	8	8	16	20
Totals, . . .	123	84	207	321	361	682	889

The cases of less duration than one year constitute about seventy per cent. of the whole number, and among these are almost all who recover, although recovery occasionally takes place in cases of much longer standing. In the majority of cases, after the expiration of a year, if recovery has not commenced, certain functions of the mind become permanently impaired, and perfect recovery becomes impossible.

Periodical cases, of which we always have a large number, are considered, when the remission is perfect, as having recovered, and the date of the last attack is reckoned as the commencement of the disease. When in the interval the mind is imperfectly restored, they are considered improved, and their malady is dated from the commencement of the first attack. When the mind is still less perfectly restored, they in many cases remain in the hospital from one attack to another, although in the interval comparatively rational.

TABLE No. 5,

Shows the Causes of Death in those Deceased.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . .	4	13	17	1	21	22	39
Dysentery, . . .	-	1	1	5	4	9	10
Maniacal Exhaustion,	1	1	2	6	7	13	15
Fever, . . .	1	1	2	2	2	4	6
Apoplexy, . . .	-	1	1	8	1	9	10
Old Age, . . .	-	-	-	1	1	2	2
Gangrene, . . .	-	-	-	1	1	2	2
Anemia, . . .	-	-	-	1	2	3	3
Disease of Liver, .	-	1	1	2	-	2	3
Erysipelas, . . .	-	-	-	-	2	2	2
Epilepsy, . . .	-	-	-	2	-	2	2
Paralysis, . . .	-	1	1	-	1	1	2
Softening of Brain, .	4	1	5	7	1	8	13
Disease of Heart, .	1	1	2	-	1	1	3
Marasmus, . . .	2	-	2	3	5	8	10
Diarrhœa, . . .	4	2	6	2	3	5	11
Peritonitis, . . .	-	-	-	1	-	1	1
Chorea, . . .	-	-	-	1	-	1	1
Inanition, . . .	-	-	-	-	1	1	1
Cancer, . . .	-	-	-	-	1	1	1
Scrofula, . . .	-	-	-	-	1	1	1
Chronic Mania, . .	-	2	2	2	1	3	5
Suicide, . . .	-	1	1	-	1	1	2
Totals, . . .	17	26	43	45	57	102	145

Twenty-eight per cent. of the whole number of deaths since the opening of the hospital have been from phthisis,—of which disease five males and thirty-four females have died. It is hard to account for this difference between the sexes—it is probably not accidental. Males, on the other hand, appear to be much more subject to a fatal issue from disease, particularly softening of the brain. Fifty-one per cent. of the deaths were from causes directly connected with the mental disturbance. The remainder were from diseases having no relation to the unsoundness of mind, although many of them doubtless proved fatal, which in a sane person would not have done so.

All the elements of a healthy position are present in the location of the hospital and in the life of its inmates. A situation elevated and airy—a light, dry, porous soil—excellent drainage—heating and ventilating arrangements after the most approved plan—a regular mode of life—plain, simple, unstimulating but nutritious diet—and considerable opportunity for exercise,—should make our patients enjoy as good health as their abnormal state will admit.

TABLE No. 6,

Shows the Ages of Patients admitted.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10, .	—	—	—	1	—	1	1
10 and 15, .	1	1	2	2	2	4	6
15 and 20, .	6	10	16	19	11	30	46
20 and 25, .	18	12	30	26	51	77	107
25 and 30, .	22	8	30	52	58	110	140
30 and 35, .	18	9	27	37	51	88	115
35 and 40, .	16	12	28	41	54	95	123
40 and 45, .	16	6	22	46	39	85	107
45 and 50, .	10	9	19	34	25	59	78
50 and 55, .	8	9	17	15	27	42	59
55 and 60, .	7	2	9	23	12	35	44
60 and 65, .	1	3	4	4	14	18	22
65 and 70, .	—	1	1	6	10	16	17
70 and 75, .	—	—	—	6	3	9	9
75 and 80, .	—	—	—	7	—	7	7
80 and 85, .	—	2	2	2	4	6	8
Totals, . . .	123	84	207	321	361	682	889

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers,	67	Tailors,	4
Laborers,	86	Jewellers,	2
Seamen,	52	Bookbinder,	1
Shoemakers,	37	Engravers,	2
Operatives in mills,	28	Caulker and graver,	1
Carpenters,	18	Cabinet makers,	6
Traders,	14	Soldiers,	3
Students,	5	Moulders,	2
Bakers,	5	Tinsmith,	1
Gardeners,	4	Sea captains,	5
Britannia Workers,	2	Painters,	3
Merchants,	6	Bonnet maker,	1
Clerks,	8	Porters,	7
Printers,	4	Coopers,	3
Turners,	2	Basket-makers,	2
Teachers,	4	Butchers,	2
Stage-drivers and teamsters,	5	Wheelwrights,	2
Book agents,	2	Barkeepers,	2
Physicians,	2	Harness makers,	2
Blacksmiths,	8	Naval officer,	1
Stone-layers,	2	Cigar maker,	1
Clergymen,	3	Editor,	1
Shovel-polishers,	2	None,	7
At school,	6	Unknown,	9
Fishermen,	2	Total,	444

TABLE No. 8,

Shows the Civil Condition of all persons admitted.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	47	39	86	134	155	289	375
Unmarried, . . .	71	33	104	176	164	340	444
Widowed, . . .	5	12	17	11	42	53	70
Totals, . . .	123	84	207	321	361	682	889

TABLE No. 9,

Shows the Nativity of Patients admitted.

	1857.			Previously			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	57	41	98	211	213	424	522
Americans, Irish par'nts	1	4	5	7	13	20	25
Irish, . . .	53	36	89	74	123	197	286
English, . . .	6	—	6	6	4	10	16
Germans, . . .	5	2	7	9	6	15	22
French, . . .	—	—	—	4	—	4	4
Scotch, . . .	—	1	1	1	1	2	3
Spanish, . . .	1	—	1	3	—	3	4
Canadians, . . .	—	—	—	1	1	2	2
Italians, . . .	—	—	—	3	—	3	3
West Indian, . . .	—	—	—	1	—	1	1
Nova Scotian, . . .	—	—	—	1	—	1	1
Totals, . . .	123	84	207	321	361	682	889

During the first two years after the opening of this hospital, the proportion of foreigners was thirty-two per cent. of the whole number admitted. Last year it had increased to forty-one per cent.; and this year, the proportion increasing in the same ratio, they have amounted to fifty per cent. of all admissions.

Although the great increase in our numbers is to be chiefly ascribed to the larger number of foreigners received, yet the last table shows that, among the Americans admitted, there has been an increase of about fifteen per cent. over last year. Our present number of Americans is of males 107 and of females 64—and of foreigners, 68 males and 85 females. The number of discharges among foreigners has been considerably increased by the fact of many being sent to one of the State almshouses by request of the Commissioners of Alien Passengers. Nine males and twelve females of this class of State paupers have been sent during the past year to the State almshouses at Bridgewater and Tewksbury.

TABLE No. 10,
Shows the Supposed Causes of Insanity.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill-health, . . .	10	24	34	31	88	119	153
Intemperance, . .	37	12	49	49	15	64	113
Masturbation, . .	20	1	21	32	3	35	56
Religious Excitement,	2	1	3	13	21	34	37
Childbirth, . . .	—	7	7	—	22	22	29
Domestic trouble, .	6	10	16	14	22	36	52
Disappointment, .	—	—	—	6	9	15	15
Loss of friends, . .	—	3	3	5	15	20	23
Trouble ab't property,	6	1	7	22	4	26	33
Sun-stroke, . . .	—	—	—	3	—	3	3
Spirit-rappings, . .	1	—	1	4	7	11	12
Paralysis,	1	3	4	9	2	11	15

TABLE 10—Continued.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Hard work, . . .	—	—	—	6	5	11	11
Millerism, . . .	—	—	—	3	—	3	3
Bite of a Cat, . .	—	—	—	1	—	1	1
Injury, . . .	4	1	5	14	2	16	21
Use of tobacco, . .	1	—	1	1	1	2	3
Fright, . . .	—	1	1	3	6	9	10
Congenital, . . .	1	2	3	1	2	3	6
Old Age, . . .	—	2	2	2	—	2	4
Chorea, . . .	—	—	—	1	—	1	1
Want of employment,	2	—	2	1	—	1	3
Healing of Ulcers, .	—	—	—	1	2	3	3
Love affair, . . .	1	2	3	—	5	5	8
Epilepsy, . . .	7	4	11	15	7	22	33
Turn of Life, . . .	—	—	—	—	3	3	3
Sudden good fortune,	—	—	—	1	—	1	1
Seduction, . . .	—	—	—	—	3	3	3
Ill-treatment, . . .	—	—	—	—	5	5	5
Exposure, . . .	—	—	—	2	1	3	3
Jealousy, . . .	—	—	—	2	2	4	4
Homesickness, . . .	—	—	—	—	1	1	1
Hard-study, . . .	—	—	—	3	2	5	5
Use of narcotics, . .	—	—	—	—	1	1	1
Light reading, . . .	—	—	—	—	1	1	1
Syphilis, . . .	1	—	1	1	—	1	2
Free love doctrine, .	—	—	—	—	1	1	1
Unknown, . . .	23	10	33	75	103	178	211
Totals, . . .	123	84	207	321	361	682	889

The number of cases arising from intemperance has greatly increased during the past year. Among the men, they have constituted thirty per cent. of the whole number of admissions. There are also many other cases, doubtless, in which a long course of moderate stimulation has predisposed the system to take on this, as we know it does to take on various other diseases.

The brain cannot be kept for years in a constant, though it may be slight, abnormal condition, without altering its organic character and rendering it liable to at least functional disturbance, which constitutes insanity. Many of the cases of softening of the brain and of epilepsy result directly from the use of intoxicating drinks. In still another way, also, intemperance should be regarded as a cause of this disease; namely, by its effects upon the offspring of those addicted to it. The habitual use of alcohol is felt through more than one generation; and though the father may not become insane, his children will have an additional tendency to insanity, especially if they pursue the same course, as they are likely to, for the appetite itself is also transmissible. A large part of the idiots and imbecile children are born of intemperate parents.

Ill health, as a cause, appears much more prominent in the female column, and a large proportion of the latter cases arise from those functional disturbances of the sexual system, with which the brain is known to sympathize so readily and so powerfully.

TABLE No. 11,

Shows the Ages at which Insanity appeared.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	1	2	3	3	—	3	6
Between 5 and 10, .	1	1	2	1	2	3	5
10 and 15, .	—	3	3	4	2	6	9
15 and 20, .	12	14	26	31	26	57	83
20 and 25, .	21	11	32	50	58	108	140
25 and 30, .	20	6	26	55	74	129	155
30 and 35, .	16	11	27	35	46	81	108
35 and 40, .	21	9	30	41	46	87	117
40 and 45, .	13	8	21	31	27	58	79
45 and 50, .	8	8	16	16	27	43	59
50 and 55, .	6	7	13	11	14	25	38
55 and 60, .	4	1	5	13	11	24	29
60 and 65, .	—	2	2	6	7	13	15
65 and 70, .	—	—	—	6	5	11	11
70 and 75, .	—	—	—	4	—	4	4
75 and 80, .	—	1	1	4	—	4	5
Unknown, . . .	—	—	—	10	16	26	26
Totals, . . .	123	84	207	321	361	682	889

TABLE No. 12,

Shows the last Residence of Patients.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, .	16	10	26	49	62	111	137
Barnstable “ .	7	3	10	10	14	24	34
Plymouth “ .	12	6	18	22	32	54	72
Dukes “ .	1	1	2	7	1	8	10
Norfolk “ .	16	9	25	61	49	110	135
Middlesex “ .	9	10	19	15	14	29	48
Franklin “ .	—	—	—	2	2	4	4
Essex “ .	4	5	9	11	14	25	34
Suffolk “ .	58	38	96	36	63	99	195
Worcester “ .	—	—	—	—	1	1	1
Nantucket “ .	—	1	1	1	—	1	2
Worcester Hospital, ,	—	—	—	106	105	211	211
Other States, . .	—	1	1	1	4	5	6
Totals, . .	123	84	207	321	361	682	889

Forty-seven per cent. of the whole number admitted this year are from Suffolk county. Last year they constituted thirty-six per cent.; and previous to that time about seven per cent. Last year the admissions from our section of the State, excluding Suffolk county, averaged not quite ten per month. This year they have been a trifle over eleven per month.

Of the two hundred and eleven who came originally from Worcester Hospital, there now remain with us forty-nine males and thirty-two females. Seven of the males and thirteen of the females have been discharged, recovered. Four males and four females, improved. Twenty-five males and twenty-six females, unimproved. Four males have eloped, and seventeen males and twenty-nine females have died.

TABLE No. 13,

Shows by whom the Inmates of this Hospital have been supported.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	77	49	126	145	149	294	420
Towns,	22	4	26	84	105	189	215
Individ'ls,	24	31	55	92	107	199	254
Totals, . . .	123	84	207	321	361	682	889

Sixty per cent. of the admissions this year are supported by the State. Last year about fifty per cent., and in the two previous years about forty-five per cent. depended upon the same bounty.

TABLE No. 14,

Shows the Proportion of Committals.

	1857.			Previously.			Total in four years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	104	64	168	142	151	293	461
Committed by Gov'nr,	1	—	1	110	114	224	225
Committed from State Almshouses, . . .	1	—	1	4	15	19	20
Boarders, . . .	17	20	37	65	81	146	183
Totals, . . .	123	84	207	321	361	682	889

The improvements, which were in progress at the time of writing the last Annual Report, have been completed. Our heating arrangements are now all that we could wish in efficiency, power, and convenience. Our ventilating apparatus

has not yet been sufficiently tested, in cold weather, for us to pronounce with certainty upon its success. And probably, until our system of water-closets is somewhat changed, it will not be perfectly satisfactory to us. These demand the early attention of your Board, and will call, probably, for a considerable expenditure to put them in a suitable and comfortable condition.

The roof and cupolas, which have always leaked badly, have during the past summer, at considerable expense, been thoroughly repaired; and the latter, which were found to be in a bad condition, well puttied and painted.

Our new ice-house was filled during the past winter with excellent ice, about three hundred tons being saved. This was done mostly by patients, and afforded a week of rare sport. The time for getting in the ice will always be looked forward to with eager anticipations of the good fun which attends it. All have been able to have a supply of ice during the past season *ad libitum*, and yet some will be left over for another year.

A new barn, which has been much needed ever since the opening of the institution, is now in process of erection. It is to be eighty feet in length by forty-five in width, built of brick, and will be a very commodious and substantial structure, sufficient, it is believed, to supply the wants of the hospital in all future time. About fifty thousand of the bricks used in its construction were taken from the foul air duct in the basement of the building,—the last remains of our first system of ventilation, which proved so utterly worthless. These were taken down and cleaned by the patients, and afforded them excellent in-door work. Our old barn will serve an excellent purpose as a straw and carriage house, which we have long greatly needed.

A considerable improvement, we think, has been effected in the grounds during the past year. The cess-pool, a never-failing source of rich fertilizing matter, afforded last spring about five hundred cords of excellent compost, which was applied to the grounds immediately around the building. Already the barren, gravelly hill upon which the hospital stands, and which at first looked exceedingly dreary and repulsive, has been made to wear, during most of the year, a cheerful and pleasant aspect. A few years more, with our great facilities for enriching it, will,

it is hoped, see it one green and level lawn. A large number of ornamental trees were set out, last spring, along the avenue and around and in the rear of the building, to protect the verandas and windows from the gaze of idlers upon the road. A considerable addition has also been made to our fruit-orchard.

The farm is increasing rapidly in productiveness. It continues to employ daily a large number of our convalescent and incurable patients, and is, as formerly, our most reliable source of occupation and healthy recreation to the males. The following are the principal products for the past year :—

12	tons hay,	\$216 00
500	bushels potatoes,	350 00
300	“ peas,	300 00
200	“ sweet corn,	200 00
90	“ beans,	225 00
6	“ rye,	9 00
1½	tons straw,	15 00
	Fodder corn, and sugar-cane,	150 00
10	tons squashes,	300 00
40	bushels tomatoes,	30 00
	Other vegetables,	100 00
		<hr/>
		\$1,895 00

The various means of amusement which have been placed in our hands have been zealously employed during the past year. The bowling-alleys, billiard-room, reading-room, and the various in-door and out-door games continue throughout the year to enliven many moments, which otherwise would be bitter enough. The carriage, which is kept almost exclusively for female patients, has been in constant requisition. Its usual work consists of four trips daily, taking five patients at each trip. A large number of the male patients, and some of the females, walk out daily in pleasant weather, and extend their jaunts in every direction when there is any thing interesting to visit.

The sewing-room, laundry, kitchen, and domestic duties of the house continue to occupy a large portion of the female patients, who thereby both obtain healthy recreation and employment, and also essentially diminish the expenses of the

establishment. The various means of passing the winter evenings, which have been mentioned in former Reports, continue with some yearly additions. New pictures have been added to our apparatus for dissolving views, and new books to our library. For some valuable public documents of great interest, we are under obligations to Hon. Henry Wilson and Hon. James Buffington.

The religious exercises in the chapel continue to be well attended, and are conducted, as formerly, by the superintendent in the evening, and by the Taunton clergymen, in rotation, on the Sabbath. I can not doubt that both are productive of good, both in their influence upon individuals, which is twofold—first in a religious aspect, and secondly in calling forth for a time their powers of self-control, and raising their sentiments of self-respect—and, also, upon the good order and general tone of morality and good conduct throughout the household. Many of the patients appreciate most heartily the privileges of religious worship which they enjoy. In addition to our own services, such of them as wish, and are in a suitable condition to do so with safety, are allowed to attend one of the churches in the town, where they have always behaved with perfect propriety and decorum.

The duties of both officers and attendants have been, during the past year, more than usually laborious. The increase of numbers brings additional care and labor in a ratio greater than that of the increase. Yet although our number is now one-third greater than that for which our organization was intended, we have not enlarged the number of either officers or other persons employed. They have all borne their increased duties with cheerfulness and alacrity, and harmony and good order have prevailed throughout the year.

The whole number of persons now employed in all capacities about the establishment, including out-door labor as well as in-door, is thirty-eight, equally divided between the sexes. Our connection during the past year has been interrupted by few unpleasant incidents, and the duties of nearly all in the various departments have been performed in a highly satisfactory manner. To the higher officers, especially, I am under great obligations for the readiness which they have ever displayed in carrying out my wishes.

To you, gentlemen, I would again present my thanks for the continued kindness and courtesy which has accompanied all your actions, both personal and official, in connection with myself. I trust that in the future, as in the past, we may continue to labor with a single eye to the good of the unfortunate beings committed to our charge, and to the extension and perpetuation of the blessings of this institution.

GEO. C. S. CHOATE.

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FIFTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

OCTOBER, 1858.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1858.

Commonwealth of Massachusetts.

FIFTH ANNUAL REPORT

OF THE

TRUSTEES OF THE STATE LUNATIC HOSPITAL, AT TAUNTON.

*To His Excellency the Governor, and the Honorable Council
of the Commonwealth of Massachusetts.*

The Trustees of the State Lunatic Hospital in Taunton, respectfully submit the following as their Fifth Annual Report.

The full Reports of previous years and the annexed annual statements of the Treasurer and Superintendent leave little to be said by the Trustees in explanation of the purposes, the condition, and the wants of the institution under their charge. They are able confidently to say that it is steadily increasing in usefulness and prosperity, in the fitness of its arrangements, and in the means of relief which it affords to its unfortunate inmates. The active officers of the hospital are skilled in their duties, and their faithfulness and zeal merit the warmest acknowledgment. The intercourse of the Superintendent with the Trustees has been at all times pleasant, and year by year they have noted with renewed satisfaction his singular adaptation to his responsible place. His comprehensive activity has made their task of oversight comparatively light, and changed to a

pleasure what might otherwise have been a burdensome and perplexing duty. Charged with the various callings of Farmer, Steward, Treasurer, Physician, and General Agent of the institution, he has been found equal to them all. The internal condition of the hospital remains nearly the same as at the date of the last Annual Report. While the number of patients received and the whole number under treatment during the year has been considerably larger than in any previous year, the opening of a new hospital in the western part of the State has drawn off from the hospital in Taunton enough to reduce its number to three hundred and one, which is about as many as can be conveniently accommodated. It is now comfortably full, and the various classes of patients are better proportioned and distributed than at any previous time. Though the number of patients under treatment has been so much greater, the number of deaths has been less than in the previous year, and the hospital has been entirely free from every form of acute disease. No patient has died from malady contracted within its walls. The Trustees are happy in believing that the new method of ventilation, which another year of experience has now fairly tested, may be credited with a part at least of this gratifying result. They can only express the hope that the additional improvement, suggested by the Superintendent in his annexed report, in the hydraulic provision of the building, may be at once attended to ; and that a suitable appropriation may enable them to remedy what is the last remaining important defect of this spacious structure. Without this important improvement, the ventilating apparatus must lose something of its efficacy.

In previous Reports, the Trustees have felt it their duty to protest against the custom of sending criminal patients from the various prisons, to contaminate by their presence and disturb by their acts, the healing influences of this sanitary institution. They are glad now to say that this cause of complaint seems to be removed, and that no patients of this class have been sent to the hospital during the past year. The sense of relief from this fact has been most salutary, not only to the officers in their supervision, but to the respectable patients, who were annoyed by such society. The hospital, at present, is in no sense a *prison*. Its inmates, unfortunate as they may be, are free from

the stigma of crime, and have nothing to remind them of punishment or force. It is the desire of the Trustees to remove, as far as possible, all signs of constraint in the arrangements of the buildings; to surround the patients with cheerful objects, and allow them all the freedom and all the recreation which is consistent with their recovery; to make the house which they live in a home, where as far as possible they may have the society and enjoyments of home; and it is believed that to a considerable extent this idea is realized. The ornaments which they see upon the walls, the books and journals which they read, the occupations and sports in which they engage, the chapel worship in which they join, are all such as belong to the comfortable routine of ordinary life. The appliances to bring about this cheerfulness and contentment are not yet all they should be.

The chambers and corridors have not yet altogether lost their bareness. But time and the attentions of friends are gradually remedying that defect; and each year the walls may be expected to take on new decorations, and wear more the appearance of taste as well as neatness. A small special appropriation for this purpose is very desirable, particularly for that class who cannot enjoy the amusements provided out of doors. The facilities for recreation in the open air are ample, and are largely made use of. The wise prudence which inclosed grounds so spacious has been constantly justified; and if the labor of the male patients upon the farm has as yet brought no large return, it at least is an important aid in the curative methods of the institution. As the condition of the farm improves, more work will be provided, and work which can be more easily done. It is evident that the site of the hospital, in past years almost dreary from its bleak exposure and the dryness of its sandy soil, is soon, under the steady culture to which it is subjected, certain to realize all the hope of those who selected it. Young trees are rapidly growing; the sand hill is becoming a lawn; flowers and harvests are seen in their season; and the agricultural report of the year, of the tons of hay and straw and the bushels of grain and vegetables, is not only positively good, but agreeably suggestive of future fertility. It is not extravagant to hope that the farm of the Taunton hospital may yet become the model farm of the Old Colony. Its stock of cattle and poultry

at the last annual exhibition of the Bristol County Agricultural Society added much to the attractiveness of the show, and won some of the chief prizes.

The new barn of brick is as beautiful as it is commodious, and is a great addition to the ease of husbandry, and the convenience of the dairy. Much attention has been paid within the last year to the culture of the strawberry, and it has occurred to the Trustees, that a green-house upon the premises would not only be of use to serve those festive occasions which are frequent in the hospital, but would be likely to become a profitable investment.

The work of the female patients has thus far proved more lucrative to the institution than the work of the other sex. A majority of these patients, it is pleasant to say, prefer this kind of recreation; and many productions of their handiwork drew attention at the recent county exhibition, for the ingenuity and taste, not less than the industry, which they manifested.

The work-room of the female patients presents to most visitors, a scene equally surprising and delightful, and it is difficult to believe that these busy hands are guided by minds diseased and broken. Much harm is done in institutions of this kind, as the Superintendent argues in his Report, by indiscriminate admission of visitors, whether friends of the patients, or mere curious spectators. While the Trustees have desired to afford the public all reasonable facilities for examining the asylum which they help to sustain, and satisfy the anxieties of affection, they have felt it their duty to prescribe rules for such visits, and restrain them within reasonable bounds. Any seeming harshness has been dictated by a regard for the best interests of the institution.

No person who wishes to see its working and is willing to take the proper preliminary steps, has been refused admission; and it is believed that the propriety of the existing rules for admission is generally acknowledged.

Though the number of persons who visit the hospital in the course of the year is still considerable, its premises have ceased to be a resort of loungers, and the quiet of its grounds on the Sabbath is that of any private gentleman's estate.

The good sense of the citizens of the town has in this regard seconded the judgment of the Trustees. While they are proud

of having within their limits an establishment so conspicuous and so well conducted, they have no disposition, so far as we know, to trespass upon its rules, or to claim any favors from its officers.

The tables of the Superintendent's report, carefully drawn, give all needful information concerning the statistics of the hospital, the percentage of recoveries and improvements, the causes of insanity, the ages, occupations and nativity of the patients, the number of committals, the number of deaths, and all things that may help to a better understanding of this painful variety of disease. Upon no subject have *statistics* thrown so much light as upon the subject of insanity. It has already corrected some disastrous errors, and is every year helping to disabuse the public mind of some obstinate prejudice. Dr. Choate mentions in his report of this year, two or three popular notions which his tables seem to disprove.

The mystery which hangs around insanity, is now in great measure removed; as a disease it has become intelligible and manageable; its symptoms and its working can be met as well as in any form of acute malady, and recoveries have become the rule rather than the exception.

Seventy per cent. of the patients discharged within the past year, have been discharged either recovered or improved. That proportion will no doubt be increased as patients are brought to the hospital at an earlier period of their disease. It is better that they should be committed on the first appearance of the malady, than that they should be reserved at home until many experiments have been tried and have failed.

The Trustees have visited the institution by a sub-committee weekly during the year, and one day in every month have held a full meeting of the Board. They have endeavored to watch the interests of the hospital, and co-operate in every way with the Superintendent. If they have failed in efficiency, it has not been for lack of good-will. If any service of charity deserves faithful heed, it is this. It perpetually repeats that frequent miracle of the Saviour, and casts out from the hearts of the unfortunate and the misguided, those evil spirits which have entered by stealth or have been rashly invited. It is a service which requires not merely the skill of a practised eye, but the consecration of a Christian purpose and hope. Such a

hope we would ever maintain in the service which we are enabled to render.

The Trustees advise an appropriation sufficient to enable them to rectify the hydraulic apparatus of the building, and erect a green-house on some suitable part of the grounds.

GEO. A. CROCKER.

GEO. HOWLAND, JR.

M. R. RANDALL.

CHARLES EDWARD COOK.

JOHN M. KINNEY.

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending September 30, 1858, is respectfully submitted to the Board of Trustees:—

RECEIPTS.

Received from State Treasurer for support of	
patients,	\$22,895 16
Received from towns,	15,590 62
individuals,	7,609 84
sale of sundry articles,	321 20
Loans from Machinists' Bank,	16,966 25
other sources,	1,500 00
Balance due the Treasurer,	508 95
	<u>\$65,392 02</u>

PAYMENTS.

Paid on account of supplies,	\$19,407 15
of fuel and light,	6,685 75
of labor,	7,033 62
of farm,	1,991 93
of furnishing,	5,256 66
of construction and repairs,	4,504 79
of incidentals,	827 39
Paid Machinists' Bank for loans,	19,000 00
Balance due the Treasurer, September 30, 1857,	684 73
	<u>\$65,392 02</u>

The present loan from the Bank, and other sources, amounts to \$6,832.25.

GEO. C. S. CHOATE.

The accounts of the Treasurer, together with the vouchers, have been examined this day and found to be correct.

JOHN M. KINNEY,

CHARLES EDWD. COOK,

Auditing Committee.

STATE LUNATIC HOSPITAL, {
October 12, 1858. }

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital, Taunton :—

GENTLEMEN:—The return of the period fixed by your by-laws for the performance of that duty, calls upon me to place before you an account, as perfect as I may be able, of the progress of this institution during the past year and its present condition, together with such suggestions as may occur to me, having reference to its future usefulness and improvement.

That we have been carried through another year of at least equal prosperity with any which has preceded it in our history—that we can look back upon the twelve months which have passed since our last report, with pleasant recollections of good accomplished, unmarred by any untoward event, should awaken in our hearts the most profound gratitude to that all-wise Providence, who has directed our course, and has held us in the hollow of his hand.

The past year has been one of unexampled health to our largely increased family. The proportion of deaths has been smaller than in any preceding year, and an entire exemption from acute disease of all forms has prevailed throughout the whole period. No cases of dysentery have occurred during the summer, and, although it will be seen by the tabular statement, that one death occurred from fever, the disease originated elsewhere, and was far advanced at the date of the patient's admission. A plain but nutritious diet, an abundant supply of fresh air, regular out-door exercise for all with whom it is practicable, and above all regular habits, regular hours, and the avoidance of all excesses, together with a strict enforcement of the laws of cleanliness, have made our household, as far as

physical condition goes, as healthy as their previous condition would admit. The promotion of their general health and comfort, while it is one of the most important adjuncts to the treatment of the curable, is for the large class of incurable and hopeless cases one of the grand objects of hospital management and arrangement.

The deprivation or curtailment of liberty, which their own true interests, as well as in many cases the peace and safety of the community demand, is by a large number felt to be so serious a misfortune, that they need all the comforting and cheering aids, which humanity and experience can impart, to render life tolerable. Still happiness is not rare in a lunatic hospital, and the cases of perfect content and supreme felicity are frequent enough to bring up the sum of enjoyment among the insane, not to the same average as among the sane, but to a less distant approximation to it than is generally supposed. The sound of merriment, the game pursued with eager zest, the music and the song, the dance, and the gay jest and repartee, which may be seen and heard in our halls, are evidences of enjoyment, which show, that an all-wise Creator, in afflicting his creatures, has still left them not wholly without solace. To increase these means of pleasure as far as possible, to multiply their opportunities of recreation, and to enable as many as we can to while pleasantly away hours, which without such care would drag wearily on under the cloud of separation from home and friends, and perhaps the still sharper troubles of a mind diseased, we look upon as one of the highest duties of hospital management. As a direct means of cure, by diverting the attention from those subjects which perpetuate the disease, recreation is a powerful remedial agent. And for that large and unfortunate class, for whose malady there is no remedy, we certainly ought to feel that we cannot do too much to throw light and comfort upon their dark and weary way. The various means of diversion which have been spoken of in former reports, have been sedulously cultivated during the past year—music and dancing, picnics, the various games of cards, checkers, &c., around the evening table, bowling and billiards, the magic lantern and dissolving views, riding and walking, have all contributed their share to dissipate gloom, and to recall the wandering thoughts from unhealthy fantasies

to cheerful and sounder trains and paths. That there should flow through the whole management of a hospital for the insane an air of cheerfulness and encouragement, that all having the care of them should be imbued with this spirit, as well as the spirit of kindness, is of the highest importance, not only to the general peace and happiness of its inmates, but also to its curative results. To bring about this happy and desirable state of feeling the construction and arrangement of the building designed for the occupancy of the insane, is an agency of the utmost importance. And the changes which have been made by your Board in this hospital, whereby a most gloomy structure, prison-like and forbidding in all its aspects, was converted into inviting and airy corridors and pleasant rooms, have contributed greatly to the cheerfulness of the whole establishment. The character of all employed in the household, and the general system of management must do the rest. To this end we have allowed the largest possible liberty to our inmates, consistent with a due regard to the peace and safety of the community. Every thing which can awaken feelings of imprisonment, is as far as practicable banished. No punishments of any kind are under any circumstances resorted to.

Every thing which can be made use of to distinguish the hospital for the treatment of disease from the prison for the punishment of crime, is brought into requisition. And in this connection it gives me great pleasure to be able to state to you, that during the past year, no criminals have been sent to us from the correctionary institutions. More cannot be added to what has already been said in former Reports, and particularly so well in your own Report of last year, on the entire impropriety and inhumanity of a transfer, such as has been alluded to, and I cannot but cherish the hope, that in Massachusetts the last criminal has been removed from her State prison to find a place among her respectable but unfortunate insane. The evil of having insane criminals in the prison has been, and probably will again be dwelt upon by those having charge of that institution, but the objections to their removal to the hospitals have been clearly shown to be insurmountable and overwhelming.

Employment, which stands equally high with recreation as an agent of health and cheerfulness, has, during the last year,

been more than ever systematically and extensively carried out among the female patients. At times, considerably more than one-half of the female patients have been employed usefully to themselves and profitably to the institution. With the males we have not succeeded so well. The number which can be employed on the farm and in assisting in the various departments of domestic labor, is necessarily more limited. And the want of suitable work-rooms, together with the failure, as yet, to find some employment, light, simple, useful and safe, prevents us from making use among them to that extent which we could desire, of this great means of improvement and happiness.

By the opening during the past summer, of the new hospital at Northampton for the reception of patients, we have been relieved of a part of that surplus, which, during the last twelve months, has rapidly accumulated. In the last week in August this hospital contained three hundred and fifty-six patients. Fifty-eight have since been removed, by order of the governor, to the hospital at Worcester, and our number has thus been reduced to about three hundred, which, considering the comfort of patients, the convenience of management and the economy of maintenance, which is best consulted by having a full though not a crowded house, is very nearly the most desirable number for us. We can hardly expect to have much increase above that number for some years to come, if an equal division of the State is made between the three hospitals, although it is undoubtedly a fact, that every new institution brings from its own neighborhood a new class of patients under hospital treatment, who would otherwise have remained at home, but whose friends are induced, by the convenience of locality and by the opportunity afforded of visiting and seeing them more easily and frequently, to confide them to the care of a public institution.

Visitors have been admitted to the hospital as usual during the past year, in accordance with the directions received from your Board, and under the restriction prescribed by you, that none shall be admitted without a permit from one of your number. This plan I believe to be, on the whole, the most judicious and satisfactory that could be adopted. The evils of a free and unrestricted admission of visitors it is unnecessary to dwell upon. Besides the great loss of time, which the officers

of the institution would incur from attendance upon them, its effects upon the inmates would be in the highest degree injurious. The entrance of strangers, particularly of a number at once, always excites a certain class of patients, and the frequent repetition of it breaks in upon that quiet which is one of the most important appendages of the place, and which in some cases is absolutely essential to successful medical treatment. At the same time it cannot be denied, that a certain amount of access to the halls of insane institutions under proper restrictions, is absolutely demanded by the public, and is one of the best and surest means of breaking down and overcoming those prejudices, which still exist in the minds of many, against the system of hospital treatment. By our present arrangement, all who really have sufficient interest in the matter to take the preliminary step, can gain admission, while those who come from mere idle curiosity are kept away, and the number of visitors is kept within moderate limits. It is always the source of pleasure to the officers of an asylum, to exhibit the arrangements and explain the management of the institution to all who come with right motives; who are not looking for amusement, but whose sympathy with the unfortunate prompts their visit. The visiting of friends is a subject which, perhaps, more than any other, is the source of difficulty to those having charge of lunatic asylums, and which, oftener than any other, causes complaints against them for actions which are prompted by the best and purest motives. In the large majority of curable cases all visits of friends do harm and retard the cure. And yet it is often extremely difficult to forbid them, and to withstand firmly the appeals of affection and kindred without appearing hard-hearted and unfeeling. There is, however, but one course for a conscientious physician to pursue. He is bound, by his duty as a member of that profession which is devoted to healing the unfortunate, to act in accordance with his views of the best interest of his patient, without being influenced in the least by the thought of the effect of his decision upon himself. There can be no other ground for refusal than a conscientious and honest belief in the evil effects of yielding to the request. It would be far easier and pleasanter for us to admit all without distinction.

The tabular statements, showing the work of the past year, the condition of those who have left the institution, and various other matters, valuable particularly to those engaged in the specialty of treating the insane, have been prepared as usual, and are incorporated into this report.

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients remaining September 30, 1857, . . .	177	150	327
Number of Patients admitted since September 30, 1857, . .	120	103	223
Number of Patients under treat- ment during the year, . . .	297	253	550
Number of Patients discharged during the year,	115	93	208
Number of patients died during the year,	25	15	40
Number of Patients eloped during the year,	1— 141	0— 108	1— 249
Number of Patients remaining September 30, 1858, . . .	156	145	301

The admissions have been more numerous than during any preceding year. During the past year they have averaged nineteen per month. The whole number under treatment has also exceeded by fifty the number during any former year. The greatest number at any one time in the house, has been three hundred and fifty-six. During the year preceding the greatest number was three hundred and thirty-nine.

The average number of patients for the year has been three hundred and twenty-eight. The admissions during each month have been as follows:—

Admitted in Oct., 19;	in Dec., 16;	in March, 19;	in June, 23.
Nov., 16;	Jan., 19;	April, 12;	July, 24.
Sept., 21;	Feb., 14;	May, 22;	Aug., 18.
In Autumn, 56; in Winter, 49; in Spring, 53; in Summer, 65.			

The number of discharges has also been larger than ever before—sixty-four more than during the year immediately preceding. The discharges during each month have been as follows:—

Discharged in Oct.,	12;	in Dec.,	19;	in March,	5;	in June,	12.
Nov.,	15;	Jan.,	7;	April,	23;	July,	14.
Sept.,	31;	Feb.,	6;	May,	7;	Aug.,	57.
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In Autumn,	58;	in Winter,	32;	in Spring,	35;	in Summer,	83.

The number of deaths during the year has been forty; they occurred as follows:—

Died in Oct.,	8;	in Dec.,	2;	in March,	1;	in June,	4.
Nov.,	3;	Jan.,	6;	April,	3;	July,	4.
Sept.,	0;	Feb.,	5;	May,	2;	Aug.,	2.
<hr/>							
In Autumn,	11;	in Winter,	13;	in Spring,	6;	in Summer,	10.

One man eloped; his settlement was in a neighboring Commonwealth, and he was an old and hopeless case. In a short time after he left us we heard of his safe arrival at the asylum of his native State, and considering the change he had made as a highly proper and judicious one, we have left him to the care of his rightful and legal guardians.

TABLE No. 2,
Shows the Condition of those Discharged.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	52	32	84	127	123	250	334
Improved, . . .	13	14	27	27	31	58	85
Unimproved, . . .	50	47	97	44	58	102	199
Totals, . . .	115	93	208	198	212	410	618

Deducting from the whole number of discharges the fifty-eight, who were sent to Worcester, the recoveries have amounted

to fifty-six per cent. of those discharged. The number of those who have either recovered or been decidedly benefited, amounts to seventy per cent., which is about the same proportion as existed last year. Of the unimproved, nearly all, except those sent to Worcester, have been discharged either to the Alien Commissioners, to be sent out of the State, or to the overseers of the poor of the several towns, being harmless and incurable, to be taken to their almshouses. Very few have been taken away prematurely during the last year by their friends. And it should be a matter of congratulation to us, that the diffusion of more enlightened views upon the subject of insanity and its treatment, are gradually dispelling those false and erroneous ideas which have hitherto so often led to the injury of a curable case, by causing too early a removal from the benefits of hospital treatment. There are very few patients who are not improved, at least for the time, by residence in a well-conducted hospital. Even those who are absolutely incurable and without hope of amelioration even in the character of their disease, are improved in their habits and manners, become less excitable from being shut off from many sources of irritation, and gain new powers of self-control from feeling that they are in the presence and under the management of strangers. The maniac, who at home cannot eat like a civilized human being, at our dining tables by the aid of attention for a time, and by the force of example, conducts himself with all the proprieties of social life. He who at home throws off his clothing, soon learns to keep his dress in proper array; and the wild, boisterous, shouting lunatic, in the majority of cases, becomes the quiet, well-behaved and civil, though perhaps still insane man. In the public mind the advantages of institutions like ours is apt to be measured too much by the sole consideration of the number of its cures. This is indeed their first object. The restoration of the insane to the possession of those faculties which a beneficent Providence has given to man to distinguish him from all other of his creatures, is certainly our highest and noblest duty, and our dearest privilege. But the secondary and only less important object of our labors,—the improvement of the incurable—the amelioration of their condition—the enlarging of their comforts and liberties and happiness—the extinction of those habits which degrade them to the level of the brute creation,—these

are motives to action which should prompt to the most strenuous endeavors, and the results are such as not only will amply repay all our efforts, but such as would of themselves place the institutions for the insane in the foremost rank of philanthropic and judicious charities.

TABLE No. 3,

Shows the Character of Insanity in those Admitted.

	1853.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	69	51	120	188	200	388	508
Melancholia, . .	10	13	23	52	62	114	137
Monomania, . .	10	10	20	63	54	117	137
Dementia, . . .	31	29	60	141	129	270	330
Totals, . . .	120	103	223	444	445	889	1,112

Mania, which implies a general disturbance of the intellectual functions attended with more or less excitement, is fortunately, inasmuch as it is the most curable form of mental disorder, at the same time of most frequent occurrence. The proportion in the community however is probably hardly as large as the numbers above would indicate. Since this form of disease is attended by more violent symptoms, and more of them come literally under the definition of the statute, which says that a person to be committed to a hospital must be furiously mad, they are more generally placed under hospital treatment, than either of the other forms of mental disease. The cases of dementia on the other hand, being many of them quiet and free from exhibitions of violence and apparently from danger, are more often kept at home, or in the case of paupers, in the town almshouses. With a laudable desire to economize as far as possible in their expenditures in behalf of the towns, it is to be regretted, that sometimes a wish is expressed by some overseers of the poor to remove patients, who for their own sakes, if not for the safety of the community ought to be retained in

the hospital. The idea, that any insane person can be kept more cheaply anywhere, than in a hospital, is generally a fallacious one. It is too apt to be thought, that, because the average expense of supporting the inmates of the town almshouse may be only half what the town pays the hospital for a quiet and incurable case, that therefore the town can save one-half the bill by taking him home. This is very rarely the case. The additional care, which all insane persons require, and which can be given so much more economically in a hospital, where it is supplied to so large a number, makes up for any difference which may exist in any other of the items of maintenance.

TABLE No. 4,
Shows the Duration of Disease before Admission.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	49	52	101	163	159	322	423
Between 3 and 6 mos.,	18	12	30	48	45	93	123
6 and 12 mos.,	8	4	12	40	40	80	92
1 and 2 yrs.,	10	11	21	44	44	88	109
2 and 3 yrs.,	12	7	19	30	30	60	79
3 and 4 yrs.,	5	4	9	17	20	37	46
4 and 5 yrs.,	8	4	12	18	12	30	42
5 and 10 yrs.,	6	3	9	39	62	101	110
10 and 20 yrs.,	4	6	10	34	24	58	68
Over 20 years, . .	—	—	—	11	9	20	20
Totals, . .	120	103	223	444	445	889	1,112

The cases of less duration than one year average something more than during previous years—comprising seventy per cent. this year, while they are but a little more than fifty per cent. of the whole number admitted since the opening of the institution. It cannot too often be impressed upon the public

mind, that almost all the recoveries are among this class. The chance of recovery is directly (other things being equal) in inverse ratio to the previous duration of the disease. Any increase in the number sent during the first year of their disease is therefore gratifying, as a token of a more thorough knowledge and better confidence (and the two go hand-in-hand) in the management and advantages of the modern hospital. Many of the cases classed under the head of diseased for several years are of a periodical character, which are for a great part of the time well enough to be at home, and yet are never sufficiently recovered to be regarded as sane. There are many of this class, who come to us once a year or once in two years, and after a stay of a few months become so calm and rational, in consequence of their removal from every source of irritation and excitement, that they can return home for a season, and enjoy the blessings of liberty and the society of their relatives and friends.

TABLE No. 5,
Shows the Causes of Death in those Deceased.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . .	10	7	17	5	34	39	56
Dysentery, . . .	—	—	—	5	5	10	10
Maniacal Exhaustion,	2	2	4	7	8	15	19
Fever, . . .	—	1	1	3	3	6	7
Apoplexy, . . .	1	1	2	8	2	10	12
Old Age, . . .	—	—	—	1	1	2	2
Gangrene, . . .	—	—	—	1	1	2	2
Anæmia, . . .	1	1	2	1	2	3	5
Disease of Liver, .	—	—	—	2	1	3	3
Erysipelas, . .	—	—	—	—	2	2	2
Epilepsy, . . .	2	—	2	2	—	2	4
Paralysis, . . .	3	1	4	—	2	2	6
Softening of Brain, .	2	1	3	11	2	13	16
Disease of Heart, .	—	—	—	1	2	3	3
Marasmus, . . .	—	—	—	5	5	10	10
Diarrhœa, . . .	4	—	4	6	5	11	15
Peritonitis, . . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Inanition, . . .	—	—	—	—	1	1	1
Cancer, . . .	—	—	—	—	1	1	1
Scrofula, . . .	—	—	—	—	1	1	1
Chronic Mania, . .	—	1	1	2	3	5	6
Suicide, . . .	—	—	—	—	2	2	2
Totals, . . .	25	15	40	62	93	145	185

All the deaths during the year, except the one from fever, and those from phthisis, occurred from causes directly connected with the mental disease. And in many of the cases of phthisis, the bodily disease is undoubtedly connected in some way with the mental disturbance. The four fatal cases of diarrhoea were all of a chronic character, occurring in demented patients, and depending partly on the original disease in the nervous centres, and partly on the habits of the individual. Nineteen of the deaths occurred among patients from Suffolk County, who are decidedly below the general average in vigor of constitution, and many of whom are broken down by debauchery, intemperance and poverty.

TABLE No. 6,
Shows the Ages of Patients Admitted.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.	—	—	—	1	—	1	1
10 and 15 yrs.	1	1	2	3	3	6	8
15 and 20 yrs.	12	11	23	25	21	46	69
20 and 25 yrs.	15	18	33	44	63	107	140
25 and 30 yrs.	18	15	33	74	66	140	173
30 and 35 yrs.	23	12	35	55	60	115	150
35 and 40 yrs.	17	14	31	57	66	123	154
40 and 45 yrs.	8	14	22	62	45	107	129
45 and 50 yrs.	9	7	16	44	34	78	94
50 and 55 yrs.	3	2	5	23	36	59	64
55 and 60 yrs.	3	4	7	30	14	44	51
60 and 65 yrs.	6	3	9	5	17	22	31
65 and 70 yrs.	2	2	4	6	11	17	21
70 and 75 yrs.	1	—	1	6	3	9	10
75 and 80 yrs.	2	—	2	7	—	7	9
80 and 85 yrs.	—	—	—	2	6	8	8
Totals, . . .	120	103	223	444	445	889	1,112

Childhood and old age are comparatively though not entirely free from attacks of mental aberration. At the age of puberty the disease rapidly increases in frequency; and in the active period of life, between the ages of twenty and forty-five, occur seven-tenths of all the cases. During this period the passions are most active, and the pursuits of gain, of ambition, and of pleasure are followed with the keenest zest and the most unremitting application. This too includes the period when woman is subjected to those ordeals which expose her, among other

dangers, to that of disturbance of her mental faculties. Before the age of fourteen years insanity seldom occurs except it is congenital or connected with epilepsy or caused by a physical injury. Our youngest patient is eleven years of age, our oldest eighty-seven.

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers, 86	Clergymen, 4
Laborers, 114	Shovel-polishers, 2
Seamen, 63	At School, 12
Shoemakers, 46	Fishermen, 3
Operatives in mills, 30	Tailors, 4
Carpenters, 21	Jewellers, 2
Traders, 23	Book-binders, 2
Students, 5	Engravers, 2
Bakers, 6	Caulker and graver, 1
Gardeners, 4	Cabinet-makers, 8
Brittania workers, 2	Soldiers, 3
Merchants, 6	Moulders, 2
Clerks, 14	Tinsmith, 1
Printers, 5	Editor, 1
Turners, 2	Machinists, 4
Teachers, 4	Sea-captains, 6
Stage-drivers and Teamsters, 5	Painters, 4
Book-agents, 2	Bonnet and Cap-makers, 2
Physicians, 3	Porters and Waiters, 8
Blacksmiths, 10	Coopers, 3
Stone-layers and Masons, 5	Basket-makers, 3

The unmarried predominate. First, from the effects of the unnatural state of celibacy. Secondly, from leading less regular lives, and being more frequently addicted to debauchery and all kinds of excesses. And finally, from the fact probably, that a large number of the insane have been through life of that odd, eccentric, and unsocial nature, which would prevent the formation of a connection by marriage.

TABLE No. 9,
Shows the Nativity of Patients Admitted.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	73	50	123	268	254	522	645
Americans, Irish par'nts	—	—	—	8	17	25	25
Irish,	38	46	84	127	159	286	370
English,	1	3	4	12	4	16	20
Germans,	6	—	6	14	8	22	28
French,	—	—	—	4	—	4	4
Scotch,	—	3	3	1	2	3	6
Spanish,	—	—	—	4	—	4	4
Canadian,	1	—	1	1	1	2	3
Italian,	—	—	—	3	—	3	3
West Indian, . . .	—	—	—	1	—	1	1
Nova Scotian, . . .	1	—	1	1	—	1	2
Danish,	—	1	1	—	—	—	1
Totals,	120	103	223	444	445	889	1,112

It is gratifying to observe by this table, that the proportion of foreigners admitted during the year has somewhat decreased. Last year they comprised fifty-four per cent. of the whole number admitted. This year they are only forty-five per cent. The actual increase of admissions among Americans this year, over the one previous, has been twenty-five, or about twenty-five per cent. The number of foreigners received this year is just one hundred. The number of admissions from Suffolk county, who with very few exceptions are foreign, has been ninety; so that it is evident, that from other parts of our district the number of foreign insane is quite small. Our present number of Americans is of males ninety-five, and of females seventy-four. Of foreigners, there are sixty-one males and seventy-one

females. Last year at this date the number was—of foreigners, eighty-nine males and eighty-three females; and of Americans, eighty-eight males and sixty-seven females.

TABLE No. 10,
Shows the supposed Causes of Insanity.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	4	35	39	41	112	153	192
Intemperance, . .	31	5	36	86	27	113	149
Masturbation, . .	19	2	21	52	4	56	77
Religious excitement,	5	4	9	15	22	37	46
Childbirth, . . .	—	8	8	—	29	29	37
Domestic trouble, . .	4	6	10	20	32	52	62
Disappointment, . .	5	3	8	6	9	15	23
Loss of friends, . .	—	2	2	5	18	23	25
Pecuniary trouble, . .	4	—	4	28	5	33	37
Sun stroke, . . .	—	—	—	3	—	3	3
Spiritualism, . . .	1	2	3	5	7	12	15
Paralysis, . . .	1	1	2	10	5	15	17
Hard work, . . .	—	2	2	6	5	11	13
Millerism, . . .	—	—	—	3	—	3	3
Bite of a Cat, . . .	—	—	—	1	—	1	1
Injury, . . .	1	—	1	18	3	21	22
Use of Tobacco, . .	—	—	—	2	1	3	3
Fright, . . .	—	2	2	3	7	10	12
Congenital, . . .	—	1	1	2	4	6	7
Old Age, . . .	1	—	1	2	2	4	5
Chorea, . . .	—	—	—	1	—	1	1
Want of employment,	2	—	2	3	—	3	5

TABLE 10—Continued.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Healing of Ulcers, .	—	—	—	1	2	3	3
Love affair, . .	—	—	—	1	7	8	8
Epilepsy, . . .	6	3	9	22	11	33	42
Turn of life, . .	—	—	—	—	3	3	3
Sudden good fortune,	—	—	—	1	—	1	1
Seduction, . . .	—	3	3	—	3	3	6
Ill treatment, . .	—	1	1	—	5	5	6
Exposure,	—	—	—	2	1	3	3
Jealousy, . . .	—	—	—	2	2	4	4
Home sickness, . .	—	—	—	—	1	1	1
Hard study, . . .	—	—	—	3	2	5	5
Use of narcotics, .	—	—	—	—	1	1	1
Light reading, . .	—	—	—	—	1	1	1
Syphilis,	—	—	—	2	—	2	2
Free love doctrine, .	—	—	—	—	1	1	1
Unknown,	36	23	59	98	113	211	270
Totals,	120	103	223	444	445	889	1,112

The number of cases arising from intemperance, that most prolific of all causes, has somewhat diminished during the past year; while those from religious excitement have considerably increased. There is one cause which undoubtedly acts extensively and peculiarly in this country, in inducing a condition of mind and body favorable to the successful attack of mental disease. The strife, which is going on constantly, particularly in the less fortunate ranks of life, to better their condition and raise their social position, and the great effort which is continually being made among a large class to keep up appearances under strait-

ened circumstances, giving rise to a permanently anxious state of mind and to long continued overtasking of the bodily powers, operates powerfully in our country in producing a state of mind to be easily disturbed by what would otherwise be slight and inefficient as a cause of disease. And this cause acts with special force among the female sex. In other countries the social position of all classes being more fixed, and the chance of advancing fortune and position less tempting, there is less strife and more contentment. Another cause, which undoubtedly acts strongly in this community, is the unwise system of educating the young. For the healthy adult, fully developed and used to the kind of labor, six hours daily of concentrated mental labor is enough to try his strength, and in many cases ultimately to impair his nervous system. Yet our young children, with faculties just beginning to develop, with bodies needing almost constant exercise out of doors, and in the highest degree susceptible to all influences, whether good or bad, are confined for that full period in the regular hours of school, for which they are often besides compelled to spend several more in preparation.

TABLE No. 11,
Shows the Ages at which Insanity appeared.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	—	—	—	4	2	6	6
Between 5 and 10 yrs.	1	2	3	2	3	5	8
10 and 15 yrs.	3	1	4	4	5	9	13
15 and 20 yrs.	13	13	26	43	40	83	109
20 and 25 yrs.	18	17	35	71	69	140	175
25 and 30 yrs.	17	17	34	75	80	155	189
30 and 35 yrs.	24	13	37	51	57	108	145
35 and 40 yrs.	14	11	25	62	55	117	142
40 and 45 yrs.	7	12	19	44	35	79	98
45 and 50 yrs.	6	7	13	24	35	59	72
50 and 55 yrs.	4	1	5	17	21	38	43
55 and 60 yrs.	6	5	11	17	12	29	40
60 and 65 yrs.	3	3	6	6	9	15	21
65 and 70 yrs.	3	1	4	6	5	11	15
70 and 75 yrs.	—	—	—	4	—	4	4
75 and 80 yrs.	1	—	1	4	1	5	6
Unknown, . . .	—	—	—	10	16	26	26
Totals, . . .	120	103	223	444	445	889	1,112

TABLE No. 12,
Shows the last Residence of Patients.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	21	14	35	65	72	137	172
Barnstable " . .	4	4	8	17	17	34	42
Plymouth " . .	18	9	27	34	38	72	99
Dukes " . .	1	—	1	8	2	10	11
Norfolk " . .	20	13	33	77	58	135	168
Middlesex " . .	5	6	11	24	24	48	59
Franklin " . .	—	—	—	2	2	4	4
Essex " . .	3	7	10	15	19	34	44
Suffolk " . .	45	45	90	94	101	195	285
Worcester " . .	—	1	1	—	1	1	2
Nantucket " . .	—	—	—	1	1	2	2
Worcester Hospital, .	3	4	7	106	105	211	218
Other States, . .	—	—	—	1	5	6	6
Totals, . .	120	103	223	444	445	889	1,112

Forty-one per cent. of the whole number came this year from Suffolk county. Last year, the admissions from the same county constituted forty-seven per cent. The admissions from our section of the State, excluding Suffolk county, have been one hundred and sixteen against one hundred and ten last year. The seven received from Worcester hospital were patients who belonged in this section of the State, but who for some reason were not removed at the time of opening this hospital.

It has been a favorite theory with medical writers, though based rather on some vague general impressions, than upon any authentic statistics, that the intermarriage of blood relatives is a prolific source of insanity, but the fact that the Island of Nantucket, containing a population of eighty-five hundred, and

isolated in a measure from the rest of the world, where circumstances of position and convenience must have made such intermarriages exceedingly common, has sent but two patients to this institution during a period of five years, would seem to show that this cause has less influence in the production of insanity than it undoubtedly has in that of idiocy, and impairment of the senses of sight and hearing.

Of the two hundred and eleven sent us originally from Worcester hospital, there now remain with us twenty-seven males and eleven females. Nine of the males and thirteen of the females have been discharged recovered; five males and nine females improved; thirty-eight males and forty females unimproved. Five males have eloped, and twenty-one males and thirty-one females have died. Among the fifty-eight sent from this hospital to Worcester during the past year were most considerately placed in the order of his excellency the governor, all those then remaining here, who, at the time of the opening of this hospital, were unfairly, and contrary to a specific agreement, sent to us.

In rearranging the division of the State between the three hospitals, it is to be hoped that a strictly geographical division will be made, since the plan of classification has been abandoned. The counties south-east of Suffolk, including all our present district except that county, would probably keep our number at about two hundred and fifty patients. And all these could send more cheaply and conveniently here than elsewhere, while Suffolk could be equally as well accommodated at Worcester.

TABLE No. 13,

Shows by whom the Inmates of this Hospital have been supported.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	66	68	134	222	198	420	554
Towns,	35	13	48	106	109	215	263
Individ'ls,	19	22	41	116	138	254	295
Totals, . . .	120	103	223	444	445	889	1,112

The proportion of State paupers admitted this year remains the same as it was during the preceding one. Not quite half of all admitted since the opening of the institution have been supported by the State. The number of patients at the present time in the hospital, supported by the State, is one hundred and thirty-nine; supported by towns and individuals, one hundred and sixty-two.

TABLE No. 14,

Shows the Proportion of Committals.

	1858.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	96	77	173	246	215	461	634
Committed by Gov'nor,	3	4	7	111	114	225	232
Committed from State Almshouses, . . .	2	2	4	5	15	20	24
Boarders, . . .	19	20	39	82	101	183	222
Totals, . . .	120	103	223	444	445	889	1,112

The experience of another year has proved the efficiency of our heating and ventilating apparatus beyond a doubt. Our present steam power is sufficient to make comfortable, in the

severest weather, every part of the building. And the fan, which has continued to work with admirable efficiency, regularity and economy, throws all the air which we need in summer and as much as we can afford to warm in winter. Its convenience, its power, and above all its safety make it for us undoubtedly the most desirable method of heating, although it may well be questioned, whether it is the most economical. Our old system of water-closets and arrangements for bathing and the supply of water still remain unchanged, and demand the early attention of your Board. Originally defective in principle and poorly constructed, they have been so far damaged by use and time, as to have become a means of waste and annoyance, and a serious obstacle to the successful operation of our admirable system of ventilation. I trust that before the passage of another year, some means will be found to obviate the evil. Out of the many mistakes in the interior construction and arrangement of the building, this is the only one, susceptible of remedy, that has not already by action of your Board, been satisfactorily adjusted. The improvement of our halls in comfort and cheerfulness during the past year, has not been neglected. Knowing that they cannot stand still, that if not improved they must retrograde, that if additions are not made each year, they will soon become cheerless and uncomfortable, new furniture and additional pictures have been procured, and it may be confidently stated, that their condition is better than at the date of the last Report. Even now, however, there is room for improvement, and an outlay of a certain amount annually, will continue to be required to make them what they should be.

The improvements out of doors, in the farm and farming buildings and stock, have continued to progress. The condition of the farm when it came into our hands, particularly of the grounds immediately surrounding the buildings, is well known to you. Originally of the thinnest and lightest soil consistent with the possibility of cultivation, and wrung by the grasping hand of man, till it had yielded almost the last gift which nature had to bestow, the land around the building was finally, to crown the whole, denuded of what little fertile material remained, and frowned upon us the first year in all the gloom and coldness of bare sand and gravel. To *make* for this a soil ;

to turn the barren hill into a green and luxuriant lawn, inviting to the stranger and cheering to the eye of sickness and sadness, has been our first task in farming. With the aid of the abundant material furnished by the barns and pens, by calling into requisition the labor of our patients in mixing the black peat of the bogs and ponds with the liquid contents of the cess-pool, and by applying those liquid contents themselves in fertilizing streams, the barren waste has begun already to lose its repulsive features, and at times to wear even the bloom and freshness of fertility and verdure. We can now confidently look forward to the period not far distant, when the whole of the park which surrounds the hospital shall be clothed in a cheerful coat of green. Other portions of the farm, although attention to them has necessarily been in part deferred, have not been neglected. Large quantities of stone, which cumbered the ground, have been removed and built into massive walls. Barren fields have been ploughed up, and others, enriched by a few years' cultivation, have been again laid down. The crops have been more abundant than in any former year, as will be seen by the following estimate of the produce of this year:—

21 tons of hay, at \$15,	\$315 00
9 " fodder, at \$10,	90 00
11 " squashes, at \$30,	330 00
12 cords of wood, at \$3.50,	42 00
160 bushels peas, at 75 cents,	120 00
250 " corn, at 75 cents,	187 50
450 " potatoes, at 60 cents,	270 00
100 " tomatoes, at \$1,	100 00
200 " turnips, at 30 cents,	60 00
1,000 cabbages, at 4 cents,	40 00
6 tons straw, at \$8,	48 00
70 bushels rye, at \$1,	70 00
		<hr/>
		\$1,672 50

Twenty-five thousand quarts of milk for the use of the house, have been furnished during the year by the cows belonging to the hospital. The stock of horned cattle has received some additions during the year, and it has been our aim to add none but those of the best quality.

In November last the cattle were moved from the old barn, which has barely served for their shelter since the opening of the institution, to the new and commodious structure, which, under direction of your Board, had been erected for them. This has been found, in all respects, to answer admirably the purposes for which it was designed. Affording plenty of room for all anticipated future exigencies as well as present necessities, convenient in all its details of arrangement, and built with regard to taste and beauty as well as utility, it is alike an ornament to the establishment and a model of convenience, permanency, and adaptation to all the wants of a farm. During the last spring new trees were placed along the principal avenue, some which had died upon the hill were replaced by more vigorous ones, and every endeavor has been made to add in every possible way, to the cheerfulness and beauty of the place.

Books and papers have been furnished during the past year, as usual, to all who could appreciate them. By the kindness of your late chairman, GEORGE R. RUSSELL, Esq., we have been kept supplied with some English papers of great value, and particularly adapted to interest and attract the attention of our patients. The London Illustrated News and the London Punch have contributed not a little entertainment to a large number of our inmates. To all who have sent us their papers during the past year we would express our grateful acknowledgments, and particularly to Hon. HENRY WILSON, for repeated tokens of interest in sending us very valuable and interesting public documents, we are under great obligations.

The religious services continue to be performed in the same manner as heretofore: the evening service conducted by the Superintendent, the service on the Sabbath by the clergymen of the town, who officiate in rotation. The experience of five years enables me to speak with confidence of the wisdom and superior adaptation of this plan, first proposed and fixed upon by your Board at the time of opening this hospital, to the wants of an institution like this. The service in the evening is a pleasant one. It breaks up the length of the evenings, affords a pleasant change from the monotony which will creep over a life in the halls of a hospital, and keeps from their beds with the expectation of attendance, many who would otherwise retire at too early an hour. The evening service is held at

eight o'clock, and before ten all persons in the institution, those employed as well as those under treatment, are expected to retire to their rooms for the night.

The Sabbath service, it is believed, excites more interest from the change of officiating clergymen, and the fact that all denominations conduct the services in turn, affords more complete satisfaction to the whole household. Many insane persons not only retain their own original feelings and preferences on religious subjects, but have them heightened and intensified in a remarkable degree, and these can only be satisfied by a course such as you have prescribed.

Thirty-seven persons are now employed in the various duties connected with the establishment. It gives me pleasure to state, that the manner in which the duties of every department have been, during the past year, performed, has been in the highest degree satisfactory. To the successful and comfortable carrying on of so large an establishment it is necessary that all should work harmoniously together, that all should be imbued with the true spirit of the work in which we are engaged. Constant vigilance, unwearied patience, undeviating kindness, forbearance and cheerfulness, must be possessed by all. And that, during the year which has passed, every thing has moved smoothly on with scarcely a perceptible jar, can only be accounted for by the fact, that the persons employed are generally adapted well to the duties they have to perform.

Dr. HOLMAN, for three years an active and efficient officer, has ably co-operated with me during the past twelve months, both in the medical duties of the hospital and in many of its affairs of business.

I should do injustice to my own feelings did I close this report without again offering you my sincere and heartfelt thanks for the uniform kindness and consideration which I have received from your hands during the year which has gone by, as well as during the whole of my connection with this institution.

With no unpleasant recollection in the past, and with a firm belief that the objects we all have in view are identical: the healing of the sick, the soothing the broken-hearted, and administering to the needs and to the comfort of those for whom there is no cure, I look forward to another year, full of

hope that our actions and deliberations may be harmonious for good, and that the Divine Ruler of all human events may continue to bless in the future as in the past, the means which we have been permitted to use in carrying out the beneficent designs of this institution.

GEO. C. S. CHOATE.

✓ SIXTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

OCTOBER, 1859.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1859.

Commonwealth of Massachusetts.

SIXTH ANNUAL REPORT

OF THE

TRUSTEES OF THE SECOND HOSPITAL FOR INSANE, AT TAUNTON.

*To His Excellency the Governor and the Honorable Council of
the Commonwealth of Massachusetts :*

In compliance with the laws of the Commonwealth, the Trustees of the Second Hospital for the Insane, at Taunton, present their Sixth Annual Report.

When we made our Report last year, we expressed the hope that the reduction in the number of our patients, consequent upon the opening of the new hospital at Northampton, would have continued, and that our number would have been confined more nearly to that for which the building was originally designed. But the result has been, notwithstanding we sent sixty to Worcester at the time of the opening of the new hospital, that we have been crowded to the extremest point of our ability, not to accommodate, but to contain.

Our wards have been too full to admit of a proper classification of the unfortunate persons committed to our care, very many of whom have been accustomed to associate with those

of their own rank and condition in life, while, since they have been here, they have been unavoidably thrown together with those whose habits of life have been of an entirely different character. This we would gladly avoid were it in our power.

Through the aid of the Alien Commissioners, to whom, at their written request, we have discharged thirty-three of our patients, who had no settlement in this State, to be by them sent out of the State, either to a foreign country or to places within the United States where they had a settlement, or to the State almshouses; we have also discharged quite a number to the overseers of the poor of some of our towns and cities, to be by them cared for in their own institutions; yet, notwithstanding all this, such has been the crowded state of our halls, the greater part of the time, that we have scarcely known what to do with a newly-arrived patient.

We have been favored to go through the year with little or no sickness. We attribute this, in no small degree, to the purity of the air within the wards of the hospital, the result of our excellent system of ventilation, and to the assiduity and care of our worthy Superintendent and his efficient assistant, both of which places are filled by the same gentlemen that have occupied them, the former from the opening of the hospital and the latter for the last four years.

Our intercourse with the Superintendent has at all times been pleasant and agreeable, and to his untiring exertions for the promotion of the greatest good to all committed to his charge, and to the best interests of the hospital in every particular, under the superintending care of the Great Physician, we attribute, in no small degree, whatever amount of success we have attained.

The institution has been visited, as in former years, by the whole Board once in every month, and weekly by a sub-committee of three of our members; our intention has been, always to have a general knowledge of the affairs of the hospital, and to render such advice and assistance to the Superintendent, as seemed from time to time to be required.

There have been admitted to the hospital since its opening, 1,343 patients; of whom 432 have been discharged as recovered; 107 improved; 228 unimproved; 227 have died, and 8 have escaped. The number remaining in the hospital on the 30th

day of September just past was 341. We have always had, and shall continue for many years to come to have, a very large class of incurable patients, owing to the transfer from Worcester, at the time of the opening of this hospital, of so large a number of that class; this fact must be taken into consideration in making up a statement of our relative condition with similar institutions; and still another reason which will serve to reduce our average condition lower than what it would otherwise be, is the fact of our discharging patients, as before stated, to be sent to foreign countries and to the almshouses, as we could only discharge for such purposes those who were in a condition to be removed, or to be kept in such institutions; this can be more fully and readily understood by reference to the report and tables of the superintendent herewith presented.

We have always endeavored to maintain the strictest economy in our expenditures, consistent with that liberal and enlightened philanthropy which we hope ever to see extended towards the unfortunate class over which we have been called to preside. We provide them with good and wholesome food, and with as many and suitable comforts as their condition will warrant; and we very much regret that the legislature, at its session last winter, should have reduced the price which we were authorized to charge for the support of *its* insane to an amount less than the actual cost of such support; for be it borne in mind, that the value of the food consumed is not all the cost of supporting a patient in a lunatic hospital; the very great destruction of clothing and furniture of which many of them are the cause, constitutes a great item of expense, and of this we are *not* allowed to make any charge to the State, nor for clothing furnished them; whereas, with all our other patients we keep an exact account of articles destroyed or furnished, and collect the amount from towns or individuals the same as for board; and further, we can see no good reason why individuals, many of whom are in very limited circumstances and can with difficulty support themselves, should be required to contribute towards the support of the State's insane, as they are now compelled to do, the hospital being required to sustain itself; and in addition to our current expenses, by a law of last winter, we are, since the 30th of September, taxed with the salaries of the superintendent and assistant, and of the steward and matron, amount-

ing to \$3,225 ; which salaries have always before been paid from the State treasury. The accompanying account of the treasurer will show the present state of our finances. During the year just closed no expenditure of any considerable amount has been made about the house, except for necessary repairs, which in an institution of this character always will be large.

The farm increases annually in its productiveness. The grounds around the house have become changed, to some extent, from barren, gravelly slopes, to green and pleasant ones, and we hope with each successive year to present still further improvement. Our stock, to some considerable extent of our own raising, we flatter ourselves needs no encomium from us. Our barns and outbuildings are in good repair, and answer well the purposes for which they were intended. The labor upon the farm is supplied principally from the inmates of the hospital, and this, together with the sewing-room and laundry for the females, has been the means of diverting the minds of many of our patients from the otherwise monotonous and secluded life which they must necessarily pass while within the wards of a hospital. Every one, whose condition warrants it, takes exercise daily in the open air, either by working, walking, or in the case of the more feeble females, by riding. Employment of some kind we consider one of the greatest auxiliaries toward the restoration of a mind diseased ; we therefore seek all the available means within our power to promote so desirable a result.

Our library, which is yet small, affords amusement and recreation to those of our patients who have a taste for reading ; we should be very glad to make some additions to it, and would respectfully suggest to the legislature the propriety of appropriating a few hundred dollars annually among the public charities of the State for such a purpose.

In accordance with the requirements of the 2d section of the 177th chapter of the laws of 1859, we present the following aggregate of the inventory of the stock and supplies on hand on the 30th of September, and also a list of the salaried officers of the institution and their salaries :

Amount and value of the personal property of the State in the Lunatic Hospital at Taunton, September 30, 1859.

Live stock on the farm,	\$3,444 00
Produce of the farm on hand,	965 33
Carriages and agricultural implements,	684 25
Machinery and mechanical fixtures,	17,232 50
Beds and bedding in inmate's department,	6,724 25
Other furniture in " "	6,922 25
Personal property of the State in superintendent's department,	1,148 54
Ready made clothing,	289 58
Dry goods,	351 82
Provisions and groceries,	383 98
Drugs and medicines,	114 98
Fuel,	1,445 00
Library,	225 00
	<hr/>
	\$39,931 48

Persons employed in the Lunatic Hospital, Taunton, with their Compensation, September 30, 1859.

Superintendent and physician,	\$1,800 00	per year.
Assistant physician,	700 00	"
Treasurer,	300 00	"
Clerk,	500 00	"
Housekeeper,	225 00	"
Supervisor, male,	400 00	"
" female,	275 00	"
Sempstress,	175 00	"
Assistant sempstress,	14 00	per month.
Engineer,	40 00	"
Baker,	25 00	"
Coachman,	18 00	"
Laborers on farm, 2,	15 00	"
Attendants, male, 7,	20 00	"
" female, 7,	14 00	"
Cook,	2 50	per week.
Assistant cooks, 2,	2 00	"
Laundress,	3 00	"
Assistant laundresses, 2,	2 00	"
House attendant,	2 00	"

In conclusion, we would commend the institution to the notice of the legislature, and ask for it the fostering care and protection of our Father in Heaven.

GEO. HOWLAND, JR.
M. R. RANDALL.
CHARLES EDW'D COOK.
JOHN M. KINNEY.
GEO. A. CROCKER.

STATE LUNATIC HOSPITAL, TAUNTON, }
October 11, 1859. }

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer for the year ending September 30, 1859, is respectfully submitted to the Board of Trustees:

RECEIPTS.

Received from the State Treasurer for support of patients,	\$26,127 25
Received from towns for support of patients,	17,267 92
from individuals,	7,738 80
sale of sundry articles,	140 01
Loans from Machinists' Bank,	8,240 75
other sources,	4,151 68
	\$63,666 41

PAYMENTS.

Balance due the Treasurer, Sept. 30, 1858,	\$508 95
Paid on account of supplies,	19,042 81
fuel and light,	7,551 82
labor,	6,727 48
farm,	1,627 35
furnishing,	7,152 87
construction and repairs,	2,972 93
incidentals,	257 50
Paid Machinists' Bank for loans,	14,000 00
other parties for loans,	1,610 00
Balance in Treasurer's hands, Sept. 30, 1859,	2,214 70
	63,666 41

The present loan amounts to \$4,151.68.

GEO. C. S. CHOATE.

The foregoing account of the Treasurer, together with the vouchers, have been examined this day and found to be correct.

CHARLES EDW'D COOK,

GEO. A. CROCKER,

Auditing Committee.

STATE LUNATIC HOSPITAL, }
October 10, 1859. }

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton :

Gentlemen,—For the sixth time it has become my duty to lay before you a detailed Report of the condition of the institution under your charge, and to offer to you such suggestions relative to its wants, its future operations, and any improvements which may be made in its means of usefulness, as the experience of another year may have imparted to me. A true estimate of the condition and successful operation of a hospital for the insane may be derived from a consideration of the numbers to whom it gives relief, relatively to its capacity, and the proportion which both bear to the wants of the community which it is designed to accommodate ; from an exact statement of its success in curative results, and a comparison of those results with those of similar institutions ; from an examination of its adaptation to its design, its supply of appliances to carry out its purposes, and its system of management ; and finally, from the details of its financial position.

Before giving you the usual statistical account of the operations of the past year, I propose to briefly consider each of these points.

At the period of the opening of this hospital, 212 patients, from this section of the State, were cared for in the hospital at Worcester. During the past year upwards of 360, from the same counties, have been under treatment at one time in this institution. It is not probable that the proportion of insane to the whole population, has in the mean time materially increased. The causes of insanity remain essentially the same. It is evident, therefore, that the benefits of hospital treatment are more widely extended by the facilities offered in having an institution conveniently located and easily accessible, and that the wants of this portion of the State are far better supplied

than ever before. It is undoubtedly true, that to a certain extent, the success of a hospital for the insane is measured by the number of its admissions. These are in part determined by the popular estimation of its merits as a curative institution, of its management as an asylum for the afflicted, and of its security as a place of confinement for those dangerous to themselves or others. Viewed in this light our present overflowing and crowded condition, with all its inconveniences and drawbacks, is not without affording a consoling and gratifying reflection. The question, whether, with our present accommodations, we can afford any increase of facilities to the people of the section of the State which is assigned to us, can, I think, be at once answered in the negative. With a large number of patients above that which the building was designed to accommodate, we are filled to the utmost capacity compatible with safety and a due regard to the curative influence of the institution. Any material further increase in the number of patients must inevitably lead, in justice to our own neighborhood, to a curtailment of the district assigned to us. In view, also, of our crowded condition, and of the numbers of those really insane, who must be accommodated, the propriety and expediency of any future reception of persons not strictly belonging to the class for which such asylums were founded, may well be questioned. The habit has prevailed with us, as it has with most institutions, of occasionally receiving persons rather for care and safe-keeping than for treatment, who, though not insane, are so addicted to bad habits of life as to be beyond the influence of their friends, or who seem to have lost in a measure their self-control.

Some of these, knowing their own want of power to govern themselves, have voluntarily and eagerly placed themselves in our charge, anxious to be so situated that temptation cannot reach them. Others have been placed here by their parents, their husbands, or their children. Needing, as this class obviously do, some such means of restraint and treatment as are afforded in a public institution, they can hardly be considered as coming within the definition of such as the hospital for the insane was designed for. However much charity may incline us to look upon intemperance, or unbridled licentiousness, or proneness to any form of vice as disease, it may well be doubted

whether we are assisting the cause of virtue by so doing, although we may, in each particular case, be subserving a good end by relieving the anxious feelings of relatives, and affording an opportunity for reflection to the victim of unfortunate practices. The application of the term moral insanity, to such cases, has been the source already of much injury to the community, and of a confusion in our ideas of what is disease and what crime. That the term should never be applied to cases of mere vicious tendencies and habits, however strong and uncontrollable, unless accompanied by evident disturbance of the intellectual faculties, is a conclusion to which the opinions of most men who have made mental disease the study of their lives, are gradually, but surely tending. All vice and crime must be considered as the result of moral disease; but it is a disease of the heart rather than of the head, and should not, simply on account of its intensity and excess, be classed with a different species of malady.

Another question, arising in connection with our increasing number, is the propriety of the transfer of a certain number of the harmless and incurable insane to the State almshouses, as has been, to a certain extent, practised since the opening of this institution. Although believing that no other place can afford to any class of insane the same advantages as a well-arranged and conducted hospital, yet the alternative of overcrowding the curable and the dangerous, forces me to the conclusion that the preferable course is to select, with care and judgment, a portion for removal to the less desirable retreat of the almshouse. And an observation of the accommodations there provided for them, and of the care bestowed upon them, convinces me that they suffer no radical and serious injury in the removal. These considerations operate with almost equal force upon the view to be taken of petitions frequently presented to your board for the discharge of patients of similar condition, who have settlements in the various towns, the authorities of which desire to remove them in order to diminish the expense of their support. Not many cases of this description have occurred during the past year, and most of those whose discharge has been applied for have been in a condition to commend the petition to your favorable action. In the present condition of the hospital, requiring a constant calcula-

tion how best to diminish the number of its inmates, and keeping alive in your minds, as well as my own, a desire to discharge any who can be removed with safety to the community, and without serious detriment to themselves, it seems strange that in the minds of any who have unsuccessfully applied for the discharge of their friends, there should rest for a moment a doubt of the justice and propriety of your decision.

What stronger guarantee could they have than the constant pressure of such a necessity, and the constant desire for such a diminution. The responsibility of discharging a patient sent to us from any of the courts, properly rests with your board in all cases, and cannot be transferred by you, as is sometimes erroneously believed and urged by relatives and friends, to themselves. The responsibility is a grave one, involving, to no inconsiderable degree, the safety of the community, and the welfare of individuals. Relatives are not generally the persons who are most likely to form a safe and reliable opinion as to the propriety of removal, the risk and danger to be apprehended, or the situation which will probably be most beneficial for their insane friend. They can hardly conceive that their son or brother, who has always been affectionate, mild and amiable, may become, through the agency of disease, dangerous to himself and others. They are very often misled, too, by the calmness and propriety of deportment, induced by hospital treatment, and mistake for permanent recovery, or at least for radical improvement, what is only the effect of wholesome regulations and judicious moral management. A little serious reflection ought to convince all reasonable persons that the decision of the propriety of discharge could not be more safely placed than it is by the present arrangement.

Let us now briefly inquire whether, in the number of cures effected, the institution is doing all that could be expected of it. And in making this inquiry, two facts should not be lost sight of. The first is, that at the opening of this institution 211 patients were received from another hospital, nearly all of which were chronic cases. The probability of cure, as it cannot too often be repeated, is in inverse ratio to the duration of the disease, and the reception of so large a number of unpromising cases must necessarily seriously affect the proportion of recoveries. Another fact, which should be borne in mind is, that nearly

one-half of our admissions have been from the foreign population of a large city. A smaller proportion of foreigners recover in all cases, and when these are in the broken-down condition to which the vices and privations incident to a residence in the metropolis reduce so large a part of this population, the chances of cure are small indeed.

Appended is a table giving the proportion of recoveries to admissions, and also to the whole number of patients in such of the hospitals of this country and Europe for the year 1858, as could be most easily obtained, together with our own Report for the past year :

	Whole Number.	No. ad- mitted.	Cures.	Ratio of cures to Whole No.	Ratio of cures to ad- missions.
Maine Insane Hospital, . . .	208	126	49	23.55	38.88
New Hampshire Insane Asylum, .	182	—	31	17.03	—
Butler Hospital, . . .	135	47	22	16.29	46.81
Vermont Insane Asylum, . .	415	157	80	19.27	50.95
Retreat at Hartford, . . .	215	141	61	28.37	43.26
New York State Asylum, . .	489	333	114	23.31	34.23
Bloomington Asylum, . . .	145	112	34	25.47	30.36
New Jersey State Lunatic Asylum,	293	147	62	21.16	42.17
Pennsylvania State Lun. Asylum, .	267	151	36	13.11	23.77
Friends Asylum, . . .	62	24	11	17.74	45.83
Crichton Royal Ins , Dumfries, .	306	77	40	13.07	51.94
Royal Edinburgh Asylum, . .	643	235	91	14.15	38.72
Taunton Lunatic Hospital, . .	335	231	98	29.25	42.42

Of course, from a single year's operations, we cannot draw certain conclusions, as various causes may operate to augment or diminish the number of curable or of incurable cases. But enough, I think, may be seen in the reports given, not to satisfy us, but to assure us that under somewhat untoward circumstances we are still attaining a gratifying result. Any attempt,

however, to estimate the good which an institution of this sort is accomplishing, solely by the number of its cures, is entirely futile. The improvement of the incurable, the relief of families, the removal of danger to the community and to individuals, if secondary objects, are important enough in themselves to place the hospital for the insane in the front rank, not only of the charities of the State, but of its profitable investments.

The plan which I proposed in the outset to follow in presenting a statement of the condition of the hospital, brings me next to a consideration of its general convenience and comforts, and its provision with those appliances which are best adapted to the end for which it was established. These depend in some degree upon the construction of the building, and its fitness of arrangement. These have been found to be in the main, as has been noticed in previous reports, highly satisfactory. The situation is good. Its elevation secures an admirable prospect, good air, and the general elements of a healthy tendency. The building is in the highest degree convenient, and has been constructed with a view to the comfort of its occupants. The main objectionable features have been already remedied by your board. But one serious defect continues to make itself felt—the deficient means of classification. Three classes of patients only of each sex can be made without some decided alteration in the present arrangement of the building. This is much less than is now considered indispensable in a well-arranged modern hospital. The advantages of a thorough classification, and its bearing not only upon the comfort of the inmates and the easy management of the institution, but actually upon its curative results, it is unnecessary that I should dwell upon at any length. The quiet of the whole household, the prevention of irritating influence upon one another, the avoidance of unpleasant collisions, the more perfect supervision of each individual ease, the avoidance as far as practicable of mechanical restraint and seclusion, all depend in a great degree upon the means possessed of suitable divisions, and of placing together those and those only who shall not only exercise no injurious influences upon each other, but who shall actually co-operate and aid in each other's recovery. Notwithstanding the original unfortunate construction of the building in this particular, the evil might still be to a considerable

extent remedied, and at no very great cost, by introducing a few new partitions and new dining-rooms, a change to which I would respectfully ask your attention. The building, which with the exception named is well-fitted for its intended use, is now furnished in all respects comfortably for its inmates. Ventilation is well secured at all times by the most approved apparatus, which continues to operate in a satisfactory manner. The heating arrangements have proved themselves to be ample in capacity, and reliable at all times. An abundant supply of excellent water is afforded, though at a considerable annual expense. Rooms for the employment and amusement of patients have been added and furnished from year to year. Pictures, which have been found to exercise the most favorable and soothing influence, have been constantly added in increasing numbers to our halls. Carriages are provided, in which many who could not otherwise enjoy the out-door air, take daily refreshing and invigorating exercise. The grounds surrounding the hospital, naturally well-adapted to the use of insane persons, have been constantly improved with a view to make them more and more perfectly suited to the end desired. The general plan of treatment with which we commenced at the time of opening the institution, and one of the first fruits of which was the entire demolition five years ago of the tiers of strong cells, placed here in accordance with the views entertained and plan of treatment adopted in New England at that time, has continued to be carried out. The system of restraint and especially of seclusion, has given place in other institutions as here, to the employment of more mild and persuasive means. The advantages and privileges of religious worship are extended to all who can appreciate them. Social intercourse between the sexes, under suitable restrictions, has been permitted in evening parties, in pic-nics, and meetings for instruction and amusement, and is believed to have been in the highest degree beneficial in promoting a cheerful and healthy condition of the mental faculties.

A few facts relating to the financial position of the hospital, will complete the preliminary statement of its condition, which I proposed to offer to you.

At the opening of the hospital, the sum of ten thousand dollars was granted to it by the legislature to procure supplies,

and enable it to commence operations, the expectation being that by the time this sum was exhausted, the institution would be in the receipt of an income from the board of patients, which would render it self-supporting. This expectation has not been disappointed, and since that time no money has been received or asked for from the State to aid in the support of the hospital, except the sum of three thousand two hundred and twenty-five dollars, which, up to the present time, has been annually paid in salaries to certain of its officers.

During this period of five and a half years, and out of the current income of the hospital, great and valuable additions have been made to the live stock on the farm, amounting in the aggregate to not less than one thousand dollars. A new and spacious barn has been constructed at an expense of four thousand dollars. Other necessary small out buildings have been erected. A large amount has been annually expended upon the grounds, greatly enhancing the actual and marketable value of the farm, which it is safe to say is at least twice as productive as it was five years since. A new and commodious work-room has been arranged and furnished for the female patients. And the whole arrangements of furniture, utensils, and appliances of all sorts have been raised from the number necessary for two hundred and fifty patients, for whom the original preparations were made, to that required by three hundred and sixty, nearly one-half greater. Considering the aggregate amount of these necessary expenditures, together with the fact that the price fixed for the board of patients has been considerably below the average price of board charged in similar institutions, and that the amount due the hospital for the support of patients from the State, towns, and individuals, always amounts to a large sum, it will not appear surprising that we have never yet been in possession of a surplus sufficient to enable us to meet our daily expenses without the payment of interest. While avoiding every retrenchment which would interfere in the slightest degree with the great objects of the charity, it seems important, that, by the practice of strict economy, our financial condition should if possible be so far improved that we can avoid the payment of interest, and also can be enabled to buy every article of consumption for cash. The reduction which has been made in our income by an Act

of the last legislature, which at the same time cuts down the amount received for the board of State patients, and withholds the sum heretofore paid in salaries, will make the attainment of this desired end more difficult, and perhaps postpone it for the present; but if kept always in view, it will undoubtedly be ultimately attained. As the productiveness of the farm increases, and every desired improvement in the arrangements of the institution becomes complete, and the number ceases to increase, as it must now do, an improvement in the finances may be confidently looked forward to.

Having thus presented to you in brief a view of the condition of this hospital in its most essential points, it may not be out of place for me, at the risk of some repetition of what has been said in previous reports, to glance for a moment at some of the advantages which it offers, in common with all institutions of its class, for the treatment of the insane. And first among these is the consideration ever to be borne in mind by all, that insanity is a disease, and as such, susceptible of medical treatment like any other, the value and efficiency of which treatment depend very much upon study and experience. In times past, this fact of insanity being an actual disease, has been too much lost sight of, and this has been the source of many of the errors in its management and treatment. At different periods in the history of the world, ideas have prevailed depending much on the superstition of the age—at one time, that the manifestations of madness were due to the agencies of evil spirits; at another, that lunar influence was the exciting cause, which popular error is not yet entirely eradicated, and which was once so strong as to have given a name to the disease and to the hospitals for its treatment, lasting to the present day. And through all times there have been many who have associated it more or less with vice, and who have been unable fully to comprehend that the unusual language and conduct of the insane, conflicting with the laws of propriety and correct usage, arose from causes entirely beyond their control. The natural consequences of such belief have appeared in senseless and superstitious ceremonies for its relief, and in harsh and cruel treatment, and the placing its victims among the inmates of jails and correctionary institutions. These false notions, however, are fast dying out, and the legitimate results of the now generally

acknowledged truth, that insanity is a disease, are to be seen in the increasing kindness and mild treatment bestowed upon those who suffer from it, and in the establishment of special places for their care and cure. Acknowledging, therefore, this fundamental and all-important truth, it must be admitted by all, that like all other diseases it can best be treated where it is made a specialty. There has been, perhaps, no greater advance made in the practice of medicine and in the treatment of disease in general, than has been made by its classification. And the results attained in the special infirmaries, and by the special practitioners for the treatment of diseases of particular organs, are well known to be far beyond any which have been yet reached in general practice. The diseases of the mind form no exception to the general rule. But besides this consideration, there are some peculiar reasons, arising from the nature of the disease itself, which render hospital treatment particularly effective and superior to any other which can be adopted elsewhere. The welfare and even safety of the patient, and the security of others, imperatively demand, that all recent and most chronic cases should be at all times under the eye of a person used to the manifestations of the disease. This can be attained only in a public institution. The administration of remedies, which is often difficult with the insane, the regulation of the habits, and particularly of the food, can be secured more perfectly and with far less irritation than at home. Furthermore, the use of restraint, by the construction of a building adapted to the purpose, by the force of example, and by the use of all those means with which the modern hospital is supplied, is almost entirely dispensed with. The rule, that insane persons get along better with strangers than with their own relatives and friends, is one which admits of few exceptions. In their own families are many sources of irritation. In the society of strangers not only these are removed, but the pride of appearance and diffidence impose upon most insane people a self-control which makes a remarkable difference in their deportment from the moment they enter an institution, and which is of the highest importance, both as being in itself a means of restoration, and as facilitating the application of those means which are likely to aid in bringing it about. Of the medicinal treatment it is perhaps unnecessary for me to say more than a word.

In this, as in all other diseases, the faith in drugs as means of cure, is of late years much impaired; and unless accompanied by evident physical derangement, little reliance is placed in the administration of medicine. A judicious moral management, and the exercise of those restraining influences which pervade an institution of this kind, the enforcement of all the laws of physical health, and the renewed desire for recovery and attempts at self-control, which are aroused in the patient's own mind, are the most powerful adjuncts to an enlightened medical treatment.

I will now offer for your inspection the usual tables, giving in detail the operations of the past year.

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients remaining September 30, 1858, . . .	156	145	301
Number of Patients admitted since September 30, 1858, . .	122	109	231
Number of Patients under treat- ment during the year, . . .	278	254	532
Number of Patients discharged during the year, . . .	84	65	149
Number of Patients died during the year, . . .	29	13	42
Number of Patients eloped dur- ing the year, . . .	0— 113	0— 78	0— 191
Number of Patients remaining September 30, 1859, . . .	165	176	341

The number of admissions has, as usual, exceeded that in any former year. During the year past they have averaged nearly twenty per month. The greatest number at any one time, in the house, has been three hundred and sixty-two. During the year previous, before a portion of the inmates were removed to Worcester, consequent upon the opening of the new institution at Northampton, the number reached three hundred and fifty-six. The average number of patients during the year has been three hundred and thirty-five. The increase from the beginning to the close of the year has been forty.

The admissions during each month have been as follows :

Admitted in Oct.,	15;	in Dec.,	16;	in March,	16;	in June,	25.
Nov.,	18;	Jan.,	17;	April,	15;	July,	33.
Sept.,	18;	Feb.,	14;	May	27;	Aug.,	17.
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In Autumn,	51;	in Winter,	47;	in Spring,	58;	in Summer,	75.

The number of discharges has also been larger than during any preceeding year, except that of the year immediately previous, which was increased by the number transferred to Worcester. The discharges during each month have been as follows :

Discharged in Oct.,	5;	in Dec.,	15;	in March,	8;	in June,	6.
Nov.,	7;	Jan.,	9;	April,	15;	July,	21.
Sept.,	23;	Feb.,	7;	May,	15;	Aug.,	17.
<hr/>							
In Autumn,	35;	in Winter,	31;	in Spring,	38;	in Summer,	44.

The number of deaths during the year have been forty-two, and they have occurred as follows :

Died in Oct.,	4;	in Dec.,	3;	in March,	0;	in June,	7
Nov.,	3;	Jan.,	3;	April,	3;	July,	8.
Sept.,	5;	Feb.,	2;	May,	1;	Aug.,	3.
<hr/>							
In Autumn,	12;	in Winter,	8;	in Spring,	4;	in Summer,	18.

The summer months produce the greatest changes in an insane hospital. The number of cases of acute disease is considerably larger at this than at any other season, and the excitability of chronic cases is far greater, causing many, who had been previously so mild as to be managed easily at home, to become so difficult to control as to induce their friends to place them under hospital treatment. It is the season of the greatest activity and of the greatest exposure. On the other hand, the number of recoveries has been with us decidedly greater at this season. Partly, perhaps, owing to the greater facilities afforded in summer for healthy recreation and employment, and partly to the greater number of acute cases received in spring and summer. Our mortality, too, is larger in the warm weather. The most prevalent and fatal diseases in this,

as in most hospitals for the insane, next to consumption, being those incident to that season.

TABLE No. 2,
Shows the Condition of those Discharged.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	59	39	98	179	155	334	432
Improved, . . .	9	13	22	40	45	85	107
Unimproved, . .	16	13	29	94	105	199	228
Totals, . . .	84	65	149	313	305	618	767

The recoveries have this year reached sixty-six per cent. of the whole number of discharges, a ratio decidedly larger than that attained in any previous year, being exactly ten per cent. larger than the result of last year, which was in turn better than any which preceded it. I attribute this change in no inconsiderable degree to the fact, that the large number of incurable cases, which were thrust upon us at the outset, have been gradually diminishing until an exceedingly small remnant is left. It may be interesting, in this connection, to trace the course of the two hundred and eleven patients originally received into this institution, the results of whose cases will fully bear me out in all I have said regarding them as a class. There now remain with us of this number, but forty-five persons,—twenty-six males and nineteen females,—all of whom, of course, are as nearly hopeless in condition as it is prudent to pronounce any insane person. Twenty-two males and thirty-one females have died. Forty males and thirty-eight females have been discharged unimproved. Five males and four females have been discharged improved, and twenty-two only,—nine males and thirteen females,—have recovered. This is ten and a half per cent. of the whole number, or only one-quarter as large a proportion as are cured from our number of admissions the past year. The number who have been either cured

or decidedly improved the past year, amounts to eighty per cent. of the whole number discharged. Of the twenty-nine who were discharged unimproved, six were removed by their friends, six by the overseers of the poor of the towns liable for their support, and seventeen have been discharged to the Alien Commissioners, for removal, either to the State almshouses or to homes out of the State. It might convey an erroneous impression to call even these unimproved. We have been in the habit of applying this term to all cases where there is not some permanent amelioration of the diseased action. The cases are rare indeed where hospital treatment does not make an obvious improvement for the time, in the habits, the general deportment, and the capacity both for self-control and for receiving control from others. Of the twenty-two discharged improved, four were removed by their friends, two by the overseers of the poor, and sixteen were discharged to the Alien Commissioners. The latter though improved were not susceptible of complete restoration. Of the four removed by their friends, three were taken against the advice of the officers of the institution. These, after a short stay at home, were returned to our care. The case of one of them well illustrates the effects of hospital treatment upon incurable cases, and one of the difficulties to be encountered by the superintendents of insane asylums. A man of seventy years of age, after a slight attack of paralysis, exhibits symptoms of a weakened intellect. He soon becomes uncomfortable in his family, wilful, unwilling to listen to advice or remonstrance, gets up at night and wanders about the neighborhood, and finally, among other freaks, refuses obstinately to wear his clothing. He comes to the hospital, and in a short time, by the force of example, by constant care and attention, by the restraining influences of the place, by the absence of all sources of irritation, by the strict enforcement of regularity in all his habits of life, and by the operation of the change to a strange scene and strange companions, he becomes perfectly mild and manageable, and never thinks of taking off his clothing, or of walking about at night, but conducts himself in all respects with propriety and decorum.

Still his conversation indicates that the disease is not removed. In this condition he is found by his friends at their first visit. Mistaking the effects of hospital treatment for permanent

improvement, they immediately consider the matter of his removal; and refusing to give credence to the statement that a short residence at home will bring back his former condition, they soon arrive at the conclusion that their duty to him requires them to make the trial. In the case which has called forth these remarks, the patient was brought back in ten days, with the statement that on the second day after his return home he tore off his clothing and conducted, in all respects, as before his first admission here. From the time of his re-commitment his deportment has been quiet and gentlemanly—his habits, in all respects those of a rational being, and he has conformed willingly to all the regulations of the institution.

Another of those discharged improved, was a young man the victim of those unfortunate habits which bring so many promising youth to an untimely end; who had fallen into the condition, not uncommon to the victims of this vice, of extreme restlessness and wilfulness—a strange and unaccountable perversity of temper and feeling, unfitting them for any pursuit of life or for the exercise of liberty. A residence of two years in the hospital had so far removed the unpleasant peculiarities in this case, as to induce his parents, contrary to our advice, to try the substitution of a residence on a farm under the control of a judicious man, for the restraining influences which operate here. After an absence of two weeks he returned, having convinced his parents that there was no substitute for a residence here.

The third case was one of long standing, subject to periodical violence. Being visited in one of the remissions of disease, her friends believing her to be permanently restored, and paying no attention to the explanations offered, took her home, only to return her again in a short time with every bad habit reëstablished, and every symptom of disease exacerbated to the greatest degree of violence.

TABLE No. 3,

Shows the Character of Insanity in those Admitted.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	75	71	146	257	251	508	654
Melancholia, . .	10	11	21	62	75	137	158
Monomania, . .	2	4	6	73	64	137	143
Dementia, . . .	35	23	58	172	158	330	388
Totals, . . .	122	109	231	564	548	1,112	1,343

The two great classes of mania and dementia, the former characterized by a derangement in the association of ideas, which are reproduced without connection and with great rapidity—by extreme disturbance of the judgment—by alienation of the affections—by violence of the will, and usually by false sensations and delusions; and the latter by impairment of the will—by incoherence of the thoughts, and by the loss of the powers of the understanding and of the perceptive faculties, constitute nine-tenths of the whole number of cases, and the proportions in which each are found, will determine, in a great measure, the ratio of cures effected. There are a few cases of well-marked melancholia. But a more thorough understanding and searching investigation into the cases of monomania, would probably resolve them into one of the foregoing classes. Although there is often one prominent delusion which attracts the attention, and seems, at first sight, to constitute the disease, yet a closer scrutiny will generally show that there is a general impairment of the intellectual faculties, and that on more subjects than one the understanding and reasoning powers are disordered. Strange as it may appear, these slight aberrations of mind, these cases which require the closest scrutiny and the strictest analysis to fully comprehend and detect their true nature, are the most difficult of cure. Monomania is rarely removed. Melancholia, more hopeful in its character, often

alternates with excitement and elevation of feeling, before recovery takes place. The temper, and feelings, and whole sensibility of the intellectual man seem to vibrate to and fro before gaining their equilibrium; and there may be several alternations of exaltation and depression. In the interval which occurs in passing from one of these states to the other, there is sometimes a period of apparently perfect restoration, and at such times the mistake not unfrequently occurs of removing the patient to his home, soon to be returned, to the great disappointment of himself and his friends.

TABLE No. 4,

Shows the Duration of the Disease before Admission.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	72	58	130	212	211	423	553
Between 3 and 6 mos.,	9	10	19	66	57	123	142
6 and 12 mos.,	8	8	16	48	44	92	108
1 and 2 yrs.,	14	9	23	54	55	109	132
2 and 3 yrs.,	6	4	10	42	37	79	89
3 and 4 yrs.,	5	5	10	22	24	46	56
4 and 5 yrs.,	2	7	9	26	16	42	51
5 and 10 yrs.,	3	5	8	45	65	110	118
10 and 20 yrs.,	2	2	4	38	30	68	72
Over 20 years, . .	1	1	2	11	9	20	22
Totals, . . .	122	109	231	564	548	1,112	1,343

Sixty-six patients, it appears, nearly one-third of the whole number, had been insane more than one year before admission. It would be not very unfair in calculating the ratio of recoveries, to deduct this large number from the number admitted, as recoveries are hardly looked for among them. The time for active remedial treatment has passed away, and they are

brought here either because they have become more troublesome and dangerous, or because they have at last exhausted the patience and forbearance of their relatives and friends. As it is a matter of the utmost importance in its bearing upon the welfare of the insane, and does not seem to be even yet fully appreciated by the public, it may be well to inquire into the length of time which had elapsed in the cases which have recovered the past year, before they were brought to the hospital. I find it to be as follows :

	Males.	Females.	Total.
Less than 3 months,	49	31	80
Between 3 and 6 months, . . .	4	2	6
6 and 12 months,	2	4	6
1 and 2 years,	3	2	5
2 and 3 years,	1	—	1
Over 3 years,	—	—	—
Total,	59	39	98

Eighty per cent. of all the recoveries have taken place in cases which had been less than three months insane. Eighty-seven per cent. in cases which had been less than six months insane. And ninety-three per cent. in cases which had been less than one year insane.

At the same time, it should be remembered that in certain exceptional cases recovery may take place after the lapse of many years. Instances are adduced by Esquerol, of persons regaining their reason, who have been insane more than twenty years, especially upon the establishment of a natural or suppressed discharge.

TABLE NO. 5,
Shows the Causes of Death in those Deceased.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . .	8	4	12	15	41	56	68
Dysentery, . . .	3	—	3	5	5	10	13
Maniacal Exhaustion,	3	1	4	9	10	19	23
Fever, . . .	—	—	—	3	4	7	7
Apoplexy, . . .	—	—	—	9	3	12	12
Old Age, . . .	—	—	—	1	1	2	2
Gangrene, . . .	—	—	—	1	1	2	2
Anæmia, . . .	—	—	—	2	3	5	5
Disease of Liver, .	—	—	—	2	1	3	3
Erysipelas, . .	—	—	—	—	2	2	2
Epilepsy, . . .	—	1	1	4	—	4	5
Paralysis, . . .	3	1	4	3	3	6	10
Softening of Brain, .	4	1	5	13	3	16	21
Disease of Heart, .	—	1	1	1	2	3	4
Marasmus, . . .	1	1	2	5	5	10	12
Diarrhœa, . . .	1	2	3	10	5	15	18
Peritonitis, . . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Inanition, . . .	1	—	1	—	1	1	2
Cancer, . . .	—	—	—	—	1	1	1
Scrofula, . . .	—	—	—	—	1	1	1
Chronic Mania, . .	4	1	5	2	4	6	11
Suicide, . . .	1	—	1	—	2	2	3
Totals, . . .	29	13	42	87	98	185	227

Although the duration of insanity in many cases, and some instances of the longevity of lunatics, proves that a condition of the brain which will not permit the perfect exercise of the mental faculties, may not so disturb the physical system as to endanger or very materially shorten life, yet the mean duration of existence is essentially lessened by it. Insanity operates in shortening life in several ways; first, by diminishing the nervous or vital energy; secondly, by developing disease in the various vital organs; and thirdly, by its influence in masking or concealing any disorder which may accidentally supervene, until it assumes a serious form. To the operation of the one or the other of these influences may be ascribed the fatal termination of most of the cases of disease in lunatic hospitals. The first influence makes diseases which would be hardly thought worth attending to in a sane or sound person, such as the diarrhœas, which are among our most common complaints, serious and grave affairs the moment they seize a person whose vital energy is sapped by long-continued mental disorder. The second effect is seen in the undue proportion of deaths from phthisis, which have constituted more than one-quarter of all the deaths which have occurred in this hospital from its opening to the present time. The general debility of the organic nervous system, consequent upon chronic insanity, must cause first the functions, and subsequently the structure of other organs beside the brain, to suffer during the continuance of it, particularly if any predisposition to disorder of any of those organs previously existed. And in no organ or form of disease is this so frequently manifested as in tubercular deposits in the lungs. And furthermore, insanity influences the fatal termination of any disease which may accidentally supervene upon it, by masking and concealing its progress and its true nature, until it has reached a serious or even dangerous form. The system does not respond to the disease by the usual outward manifestations, nor is the patient himself either sensible of its effects, or able to communicate them, so that it not unfrequently happens that he goes to the last stage of fatal disease without betraying its character.

It may well be a source of congratulation to us that we have so entirely escaped all endemic and contagious disorder, and those which are more particularly denominated hospital diseases, and which are supposed to depend upon the vitiation of the

atmosphere by the congregation of too many persons under one roof. No case of fever, and but one of erysipelas has occurred in the hospital during the last year, and during the whole six years of our operation but seven deaths have occurred from the former disease, and two from the latter. This must undoubtedly be considered as in a measure due to the favorable influence of our efficient means of ventilation. A sufficient supply of good and nutritious food, good water, exercise, regular hours and habits, cleanliness, and a location unsurpassed for healthiness, have done the rest.

TABLE No. 6,
Shows the Ages of Patients Admitted.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.	—	—	—	1	—	1	1
10 and 15 yrs.	2	—	2	4	4	8	10
15 and 20 yrs.	5	7	12	37	32	69	81
20 and 25 yrs.	10	19	29	59	81	140	169
25 and 30 yrs.	19	22	41	92	81	173	214
30 and 35 yrs.	18	20	38	78	72	150	188
35 and 40 yrs.	20	13	33	74	80	154	187
40 and 45 yrs.	12	3	15	70	59	129	144
45 and 50 yrs.	17	9	26	53	41	94	120
50 and 55 yrs.	8	3	11	26	38	64	75
55 and 60 yrs.	8	2	10	33	18	51	61
60 and 65 yrs.	2	6	8	11	20	31	39
65 and 70 yrs.	1	2	3	8	13	21	24
70 and 75 yrs.	—	1	1	7	3	10	11
75 and 80 yrs.	1	1	2	9	—	9	11
80 and 85 yrs.	—	—	—	2	6	8	8
Totals, . . .	122	109	231	564	548	1,112	1,343

Although it is evident from an inspection of the foregoing table, that no age is exempt from the attacks of this fearful malady, yet the form which the disease assumes, as well as its curability, are much modified by the age of the patient. As a general rule it may be stated, that in youth the disease assumes an acute and violent form, and is apt to run a rapid course. Mania in all its forms of excitement is the disease of this period, and recoveries are most frequent, as well as least tedious. In middle age it is more liable to become chronic in its character, is less likely to be violent in its manifestations, and recovery, though frequent, is less common and slower in its progress. The disease, too, is at the same time more frequently complicated with serious organic disorder of the abdominal viscera. At an advanced age, insanity commonly appears in the form of dementia, and, in numerous instances, is associated with apoplexy, paralysis, or some other form of organic disease in the brain, rendering recovery hopeless. To these rules there are of course some exceptions, mania and recovery both occasionally occurring in advanced life, and dementia, with the complications of paralysis and organic lesion, sometimes appearing even in extreme youth.

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers,	106	Gardeners,	4
Laborers,	139	Brittania-workers,	3
Seamen,	75	Merchants,	9
Shoemakers,	50	Clerks,	18
Operatives in mills,	35	Printers,	5
Carpenters,	27	Turners,	2
Traders,	27	Teachers,	5
Students,	5	Stage-drivers and Teamsters,	5
Bakers,	6	Book-agents,	2

TABLE No. 7.—Continued.

Physicians, 3	Tailors, 7
Blacksmiths, 11	Jewellers, 3
Moulders, 2	Book-binders, 2
Tinsmith, 1	Engravers, 2
Editor, 1	Caulker and Graver, 1
Machinists, 9	Cabinet-makers, 9
Harness-makers, 4	Soldiers, 3
Sea-captains, 11	Butchers, 2
Painters, 5	Wheelwrights, 3
Bonnet and Cap-makers, 2	Bar-keepers, 2
Porters and Waiters, 10	Naval Officer, 1
Coopers, 3	Cigar-makers, 4
Basket-makers, 3	Rope-makers, 2
Stone-layers and Masons, 9	Barbers, 3
Clergymen, 7	Stevedore, 1
Shovel-polishers, 2	None, 7
At school, 14	Unknown, 9
Fishermen, 5	Total, 686

These may be divided into the following classes :

Pursuing active employment out of doors,	405
“ “ “ in doors,	144
Of sedentary habits,	128
Unknown,	9
Total,	686

TABLE No. 8,
Shows the Civil Condition of all Persons Admitted.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	53	44	97	227	234	461	558
Unmarried, . . .	62	45	107	313	244	557	664
Widowed, . . .	7	20	27	24	70	94	121
Totals, . . .	122	109	231	564	648	1,112	1,343

TABLE No. 9,
Shows the Nativity of Patients Admitted.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	62	55	117	341	304	645	762
Americans, Irish Par'ts,	—	—	—	8	17	25	25
Irish,	43	51	94	165	205	370	464
English,	1	1	2	13	7	20	22
Germans,	11	1	12	20	8	28	40
French,	2	—	2	4	—	4	6
Scotch,	—	1	1	1	5	6	7
Spanish,	—	—	—	4	—	4	4
Canadian,	—	—	—	2	1	3	3
Italian,	1	—	1	3	—	3	4
West Indian,	1	—	1	1	—	1	2
Nova Scotian,	—	—	—	2	—	2	2
Danish,	—	—	—	—	1	1	1
Dutch,	1	—	1	—	—	—	1
Totals,	122	109	231	564	548	1,112	1,343

TABLE No. 10,
Shows the Causes of Insanity.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	14	22	36	45	147	192	228
Intemperance, . .	40	9	49	117	32	149	198
Masturbation, . .	10	—	10	71	6	77	87
Religious excitement,	6	6	12	20	26	46	58
Childbirth, . . .	—	8	8	—	37	37	45
Domestic trouble, .	2	3	5	24	38	62	67
Disappointment, .	—	4	4	11	12	23	27
Loss of friends, . .	—	2	2	5	20	25	27
Pecuniary trouble, .	5	—	5	32	5	37	42
Sun-stroke, . . .	3	—	3	3	—	3	6
Spiritualism, . . .	—	2	2	6	9	15	17
Paralysis,	5	3	8	11	6	17	25
Hard work,	2	—	2	6	7	13	15
Millerism,	—	—	—	3	—	3	3
Bite of a cat, . . .	—	—	—	1	—	1	1
Injury,	5	1	6	19	3	22	28
Use of tobacco, . .	—	—	—	2	1	3	3
Fright,	—	1	1	3	9	12	13
Congenital,	1	1	2	2	5	7	9
Old age,	1	1	2	3	2	5	7
Chorea,	—	—	—	1	—	1	1
Want of employment,	—	—	—	5	—	5	5
Healing of ulcers, .	—	—	—	1	2	3	3
Love affair, . . .	—	—	—	1	7	8	8

TABLE No. 10—Continued.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Epilepsy, . . .	1	3	4	28	14	42	46
Turn of life, . . .	—	—	—	—	3	3	3
Sudden good fortune,	—	—	—	1	—	1	1
Seduction, . . .	—	1	1	—	6	6	7
Ill treatment, . . .	—	—	—	—	6	6	6
Exposure, . . .	—	—	—	2	1	3	3
Jealousy, . . .	2	1	3	2	2	4	7
Home sickness, . . .	—	—	—	—	1	1	1
Hard study, . . .	1	—	1	3	2	5	6
Use of narcotics, . . .	—	—	—	—	1	1	1
Light reading, . . .	—	1	1	—	1	1	2
Syphilis, . . .	—	—	—	2	—	2	2
Free love doctrine, . . .	—	—	—	—	1	1	1
Unknown, . . .	24	40	64	134	136	270	334
Totals, . . .	122	109	231	564	548	1,112	1,343

Classifying somewhat the causes in the one thousand and nine cases in which it is supposed to be known, we find that four hundred and two, about two-fifths, are caused by diseases of the physical system; two hundred and ninety-four, or a little less than one-third, by vicious habits and indulgences; eighty-four, about one-twelfth, by excitement attending religious and other intensely engrossing subjects; and the remainder two hundred and twenty-nine, less than one-quarter, by accidental misfortunes over which neither the individual nor society are supposed to have control. It should be remarked, however, that many of the cases classed under the head of ill-health, might, if more completely traced to their origin, be fairly attributed to some vicious habit, as this is the foundation of

most diseases. Under the head of ill-health are classed all those cases of sexual irregularity and disturbance, which, in the female, are so frequently the cause of mental disease. Intemperance, as usual, stands high upon the list. Forty-nine cases this year have been traced directly to its influence, while indirectly it would be safe to say that it has been the cause of as many more. It is probable that the number of cases which are attributed to this and all other vicious habits, is considerably below the truth, as there is a natural reluctance on the part of friends to disclose a fact which may be discreditable. Next to intemperance and physical derangement, with the latter of which causes it undoubtedly has much to do, ranks the indulgence in solitary sexual excess. The baneful effects of this habit in both sexes have been often dwelt upon, and, I believe, have not been overrated. As a cause, I fear it is a growing one, increasing with increasing luxury, and with the diffusion of precocious knowledge which marks the present day. Its influence is far greater than the preceding table would indicate. That it is the cause of many of those functional irregularities which are supposed by friends to be the original cause, cannot, I think, be doubted. To this cause, to her more delicate sensibility and keener feelings, to the restraints imposed by society and custom upon her desires and emotions, to the afflictions and disappointments to which she is subject, and to the nature of her reading, which is addressed to the imagination and the heart, and not to the reason, must be ascribed the fact, that woman, free from many of the excesses of man, from many of his labors and trials, still equals him in the number of her insane.

Religious excitement has sent us twelve patients the past year, and spiritualism two. Excessive fervor and enthusiasm, exuberant zeal on any subject, may pass on in some constitutions to delirium and permanent mental disorder. That a true and just view of religious topics, such a view as would make the doctrines of Christ the basis of morals, and the controllers of the passions, would ever produce insanity, cannot be thought of. Mistaken views, unfounded fears and hopes, fervor stimulated to excess by art and passion, operating perhaps on a weak intellect, are the true causes of religious mania. And they apply alike to sectarian zeal, and to the fervor attending belief in new and startling theories and ideas.

TABLE No. 11,
Shows the Ages at which Insanity appeared.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	—	—	—	4	2	6	6
Between 5 and 10 yrs.	1	—	1	3	5	8	9
10 and 15 yrs.	1	—	1	7	6	13	14
15 and 20 yrs.	6	9	15	56	53	109	124
20 and 25 yrs.	11	19	30	89	86	175	205
25 and 30 yrs.	18	24	42	92	97	189	231
30 and 35 yrs.	21	17	38	75	70	145	183
35 and 40 yrs.	17	12	29	76	66	142	171
40 and 45 yrs.	13	8	21	51	47	98	119
45 and 50 yrs.	13	4	17	30	42	72	89
50 and 55 yrs.	12	4	16	21	22	43	59
55 and 60 yrs.	6	3	9	23	17	40	49
60 and 65 yrs.	1	5	6	9	12	21	27
65 and 70 yrs.	1	2	3	9	6	15	18
70 and 75 yrs.	—	1	1	4	—	4	5
75 and 80 yrs.	1	1	2	5	1	6	8
Unknown, . . .	—	—	—	10	16	26	26
Totals, . . .	122	109	231	564	548	1,112	1,343

TABLE No. 12,
Shows the last Residence of Patients.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	20	18	38	86	86	172	210
Barnstable County, .	6	3	9	21	21	42	51
Plymouth County, .	10	10	20	52	47	99	119
Dukes County, . .	1	—	1	9	2	11	12
Norfolk County, .	19	14	33	97	71	168	201
Middlesex County, .	4	1	5	29	30	59	64
Franklin County, .	—	—	—	2	2	4	4
Essex County, . .	4	4	8	18	26	44	52
Suffolk County, . .	54	58	112	139	146	285	397
Worcester County, .	—	—	—	—	2	2	2
Nantucket County, .	4	1	5	1	1	2	7
Worcester Hospital, .	—	—	—	109	109	218	218
Other States, . .	—	—	—	1	5	6	6
Totals, . .	122	109	231	564	548	1,112	1,343

Forty-eight per cent. of the whole number of admissions this year have been from Suffolk County. Last year the admissions from the same source were forty-one per cent. The admissions from this section of the State, excluding Suffolk County, have been one hundred and nineteen against one hundred and sixteen last year, which in turn was larger than the number received in any previous year. Quite a number of applications have been received during the year for admission from neighboring States. These, of course, our crowded condition compelled us to decline.

Locality undoubtedly has a certain influence upon the production of mental disease. In the rural districts the prevailing

habits and passions are less exciting and turbulent than in the large towns. Domestic troubles and the passions common to human nature in all places, love, anger, disappointment and grief, are the predominant moral causes of insanity. To these in the cities are added greater depravation of manners, habits of vicious indulgence of all kinds, the strife of ambition and competition and speculation, late hours, reverses of fortune, and in all respects more excitement; and consequently in the latter, insanity prevails more extensively.

The four counties in this district, which contain all the large towns and cities, have sent us this year ninety-two per cent. of the whole number.

TABLE NO. 13,

Shows by whom the Inmates of this Hospital have been supported.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	70	73	143	288	266	554	697
Towns,	28	18	46	141	122	263	309
Individ'ls,	24	18	42	135	160	295	337
Totals, . . .	122	109	231	564	548	1,112	1,343

The relative proportion of expense is maintained by the admissions of the year, nearly the same as it has previously been. The large number of State paupers in this institution, which will continue so long as we receive the Suffolk County patients, will cause us to feel more severely than the other State hospitals, the reduction made by the last legislature in the sum allowed by the State for their support. The number of patients at the present time in the hospital supported by the State is one hundred and seventy-five, by towns and individuals one hundred and sixty-six.

TABLE No. 14,
Shows the Proportion of Committals.

	1859.			Previously.			Total in six years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	99	93	192	342	292	634	826
Committed by Gov'nor,	1	—	1	114	118	232	233
Committed from State Almshouses, . . .	—	—	—	7	17	24	24
Boarders,	22	16	38	101	121	222	260
Totals,	122	109	231	564	548	1,112	1,343

The daily routine of hospital life affords little material for an interesting report of the year's doings. It is made up of little incidents and labors and cares, each not worth relating in itself, but the whole constituting the annual history of the institution. The examination and investigation of new cases almost daily, the regular watching and treatment of the *throngs* which fill our halls, the constant use of those means which are afforded for operating morally upon the diseased mind, the vigilant, unremitting watchfulness and guard against accident, against escape, against violence, and best of all, the anxious watching of dawning reason, these constitute that part of the labor of the year, which is more immediately connected with the unfortunate inmates of the hospital. That the labors of its officers in all these directions have been measurably crowned with success, should be an abundant reward for their toil, and should inspire the warmest feelings of gratitude to the all-wise and good Disposer of human events. With the exception of one suicide, no accident of any importance, and no untoward event has occurred during the year. The number of suicidal cases received has been forty. This however only includes those in whom the tendency to self-destruction has been manifested before admission. There are many more, and these are the most difficult cases to protect from self-injury, when the disposition, though strong and constantly active, is yet con-

cealed until a favorable opportunity offers for putting it in execution.

In the year which has just passed, as in previous years, very little restraint of any kind has been made use of. But while recognizing in its fullest significance the importance of the fact that as a general rule moral means are to be relied upon, and that restraint is to be the exception, yet I have not hesitated to apply it in those few cases where its use seemed called for, and have no feeling which would induce me to take pride in asserting that it had not been used. While not doubting for an instant the practicability of managing every case of insanity without having recourse to mechanical restraint, I doubt much the benevolence and the wisdom of so doing. Every one conversant with the insane, is well aware that into all institutions erected for their care, is received a certain class of cases which need some restraining treatment. The only question is, in what form can this be applied without injury, or rather with positive benefit to the patient. And when we hear that in this or that hospital no mechanical restraint of any kind is made use of, the inquiry at once comes up, is the treatment which is substituted for it equally safe, equally judicious, and not liable to even greater objections than the mode of treatment which is avoided? For the restraint of violent, destructive, and dangerous patients, four methods of restraining treatment are known and practiced. They are first, seclusion in strong rooms; secondly, mechanical restraint; thirdly, the hands of attendants; and lastly, what are called depressing remedies. The question is, which shall we use? In most of these cases, which fortunately are few in number, I prefer to use mechanical restraint. On the male side of the house this has been used a very few times in the course of the year, and for short periods, many weeks together often passing without any man being restrained in any way. On the female side it has been used somewhat more frequently. The only form in use in this hospital is the canisole, which consists of an ordinary waist, made of some strong materials, with long sleeves sewed up at the ends. This is in all respects comfortable to the patient, and effectually prevents the success of attempts at self-destruction, and to denude the person. If properly applied in cases judiciously selected, I can see no valid objection to its use. But how is

it with the substitutes for it? And first, seclusion in strong rooms. Upon this matter I can hardly add any thing to what has been said in former reports. I believe the practice is in every point of view objectionable, and that seclusion for this class of cases especially, instead of being remedial, is in every respect injurious; that it increases the habits of destructiveness and violence, and leads almost inevitably to solitary vice, and filthy practices, or, if these are already learned, confirms and strengthens them. Such patients are almost sure to be neglected; placed in safe keeping, they are not observed with that vigilance and attention which their situation demands. The most difficult to trust, they ought always to be placed where they will be constantly under observation. To the hands of attendants there are equally weighty objections. To control by opposing muscle to muscle, with the insane as with the sane, only arouses more obstinate resistance, and increases the excitement. But beyond this well-known fact, and characteristic of human nature, whatever its condition, it must be remembered that the patience and forbearance of no attendant is without limit, and that the best tempered and most benevolent may be forced to yield. As long therefore as human nature is constituted as it is, I should dread to make the exchange, and should prefer to trust these exceptional cases to the camisole. There yet remains one other substitute to be spoken of. The use of depressing remedies has been much in vogue of late years, especially since it has been a matter of pride with the officers of some institutions to follow out the non-restrained system to the extremest limit. I believe it to be a practice in the highest degree injurious, unsafe, and liable to the most flagrant abuses. In the first place the disease which we have to treat is undoubtedly asthenic in its character, and it is of the highest importance to husband to the utmost in most cases the powers of nature. Any medicine, therefore, which would secure quiet, by depressing the system, must operate unfavorably upon the recuperative powers of nature, and affect injuriously the result. Still further, it is a remedy which may be applied so secretly and prudently that it would be more liable than any other possible form to abuse, as has been found to be the case in some English institutions during the past few years. I would not be understood to object to the use of such medicines when

the physical condition of the patient indicates their exhibition, neither would I condemn seclusion as a remedy, which it may be in certain cases, and a very valuable one. But they should be used as remedies only, and not to save trouble, or to take the place of something else more safe and less objectionable, though perhaps more potent, and less easily covered up.

The usual moral means of operating upon the mind have been made use of during the year. Some additions have been made to our sources of amusement and entertainment. Employment has been systematically attended to, especially with the female patients, whose work-room has been enlarged and improved, until it has become one of the pleasantest and most useful features in the establishment. Some new pictures, through the kindness of Miss D. L. Dix, have been added to the walls of our galleries. Religious exercises in the evening, under the direction of the superintendent, and on the Sabbath by the acceptable offices of the clergy of the town, have continued to contribute their share to the happiness and improvement of the household. Your own visits, frequent, and bringing you into immediate contact with every class of patients, have not been without their influence for good upon the minds of the insane, as well as upon the good order and management of the household, which is their more immediate object. The pleasant word of encouragement, the judicious advice, the assurance of good will, the news from the world outside our walls, and sometimes through you from friends, have made your visits looked forward to with pleasure by many, and in particular cases have operated favorably upon the course of disease.

Although no important change has been made in the building during the past year, a considerable amount, as will be seen by the Treasurer's report, has been expended in repairs and small improvements. The most noticeable change has been in the sewing-room, which has been entirely reconstructed and furnished, and heated by the exhaust steam from the engine, thereby making a considerable annual saving in fuel. The pipes for supplying the kitchen and tanks with water, have also been renewed in a more permanent form than before; and the cooking apparatus has been greatly improved.

In the grounds and farm it is believed that at least as much progress and improvement has been made as during any previous year. The lawn about the hospital has been greatly enlarged and enriched, new fields have been brought under cultivation, and by the aid of the rich dressing we have been able to afford, have returned abundant crops to the hand of toil. Many hundred tons of stone have been removed from the ground, and are being built into substantial walls. Agreeably to the suggestion of your committee on the farm, a portion of the woods are being cleared up, and will soon become a beautiful grove, affording the means of healthful and agreeable recreation to the patients. The following are the principal products of the farm for the past year :

35 tons of hay, at \$16,	\$560 00
10 " straw, at \$9,	90 00
98 bushels rye, at \$1,	98 00
600 " potatoes, at 66 cents,	400 00
6½ tons squashes, at \$30,	195 00
100 bushels peas, at 75 cents,	75 00
300 " corn, at 75 cents,	225 00
100 " beans at 75 cents,	75 00
20 cords wood, at \$3.50,	70 00
100 bushels tomatoes, at \$1,	100 00
200 " turnips, at 30 cents,	60 00
100 " summer squashes, at 75 cents,	75 00
4 tons fodder at \$10,	40 00
		<hr/>
		\$2,063 00

About twenty-eight thousand quarts of milk have been furnished for the use of the inmates during the year by the cows belonging to the hospital. No new live stock has been purchased during the year, but a considerable addition of young stock of the finest quality raised on the place, is being added to take the place of such as are no longer profitable to keep.

The number of persons employed in various capacities, indoors and out, is thirty-five. To fill satisfactorily and well the situations in a lunatic hospital, especially those in imme-

diating contact with the insane, requires peculiar qualities, and the selection of suitable persons is of the utmost importance.

The first requisite is undoubtedly a calm, patient temperament and a benevolent heart. The fact, that many insane persons look upon their attendants as accomplices in the power which deprives them of liberty, and consequently view them with jealousy and hatred, leads them often to shower upon them abuse and insult and even violence. That all, who are concerned in their care, should truly appreciate their condition, and be able under all circumstances to preserve their temper, and to act with kindness, judgment and firmness, is indispensable. We have been not less fortunate during the past than during former years in securing the services of intelligent and kind-hearted persons, who, with few exceptions, have performed their duties in a highly acceptable manner.

To Dr. Holman I am under increased obligations for the cheerful readiness with which he has co-operated with me in whatever has been thought to be for the good of the institution.

For the uniformly kind and pleasant manner which has always marked your treatment of myself, and for the continued confidence which you are pleased to repose in me, I would again offer you my sincere thanks, trusting that our mutual endeavors to discharge aright the obligations connected with our sacred trusts, may continue, through the blessings of an overruling Providence, to be crowned with success.

GEO. C. S. CHOATE.

SEVENTH ANNUAL REPORT

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OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL,

AT TAUNTON.

OCTOBER, 1860.

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1860.

Commonwealth of Massachusetts. .

SEVENTH ANNUAL REPORT

OF THE

TRUSTEES OF THE SECOND HOSPITAL FOR INSANE, AT TAUNTON.

*To His Excellency the Governor, and the Honorable Council
of the Commonwealth of Massachusetts :—*

Another revolution of the earth around the sun, bringing in their proper season, the beautiful autumnal tints which every where meet the eye as it glances abroad over the face of nature, admonishes us that the time fixed by law for preparing a somewhat detailed statement of the condition of the hospital under our charge, has arrived.

We accordingly present you with the Seventh Annual Report of the "Second Hospital for the Insane," at Taunton.

The monotonous, every-day life in an Institution of this character, affords but little material for an extended report; yet we are not without some incidents of interest, some oases, in what is for the most part sad and gloomy. One of these bright spots we feel it aright for us to allude to. One of our female patients who had been with us about eighteen months, having been transferred from another hospital where she had been confined for sixteen years, was, in the month of February last, discharged, cured. After having been secluded from rela-

tives and friends, and from the world at large for so long a period of time, from comparative youth to mature life, to be again restored to them all, in the possession of all the faculties which render life desirable, is a fact of such rare occurrence that we take particular pleasure in presenting it. It also confirms us in the opinion that it is not safe or expedient for any one to declare a case hopeless or incurable while life remains.

The crowded state of our halls, referred to in our last Report, continues, and was even increased until quite recently, reaching at the maximum, 392, when through the Alien Commissioners, we sent twenty of our patients to the hospital at Northampton; this, together with those sent to other States where they had a settlement, or to foreign countries, in addition to those discharged, cured wholly or in part, has enabled us to receive and care for all that have been committed to us. The number remaining in the hospital on the 30th of September was 365. For a more detailed account of admissions and discharges, as also for much other interesting information, we refer you to the Superintendent's report herewith presented.

In this connection we would repeat what we said last year, that our intercourse with the Superintendent, Dr. George C. S. Choate, has at all times been pleasant and agreeable, and that the attention to his duties and the interest which he manifests in every thing connected with the hospital, entitle him to the gratitude of his fellow citizens.

Dr. Holman also continues to discharge the duties of Assistant Physician to our satisfaction.

The Trustees have continued the practice heretofore pursued, of making weekly visits to the hospital by sub-committees of three of their number, and monthly by the whole Board, under a belief that usefulness results to the institution from such a course.

As in previous years, religious services have been held in the Chapel, on the afternoon of every Sabbath, which are conducted by the clergymen of Taunton in rotation, and are attended by such of our patients as are in a condition to enjoy the privilege, and to many of those who attend we have no doubt it is a privilege which they appreciate. There are also services every evening except the Sabbath, conducted by the Superintendent, which consist in reading a chapter from the Bible, and the

singing of one or more hymns by some of the attendants, (who volunteer their aid on these occasions,) accompanied by music on the melodeon, by Mrs. Choate, whose devotion to the interests of the hospital, and kind and sympathizing intercourse with the patients, more particularly the female portion of them, merit and receive our warmest commendation.

It appearing from an examination of the fence enclosing our grounds, that it would before very long require heavy repairs, it was judged most advisable to adopt something of a more enduring nature to take the place of the present wooden structure; we therefore decided to substitute in its stead a good and substantial stone wall, as, upon an inspection of our premises, we found we had an abundant supply of excellent material for the purpose, by the use of which our land would be rendered more convenient for culture, and would supply a large amount of labor for our hardy male patients, as well as for our teams during that portion of the year when they would not be required for the usual farm work: we accordingly in November last, directed our Superintendent to take measures to carry out such a plan. During the last winter and spring about 300 feet of the wall was built, and we are now preparing for continuing the work the coming winter and spring; the portion of the wooden fence removed each year, will be required to repair that which remains, and the whole will undoubtedly be used up by the time the wall shall be finished, as several years must elapse before that can be accomplished, the length required to enclose the farm, aside from our river front, being about one and one-fourth miles.

The pumps which furnish the hospital with water, being much worn, and giving indications of failing entirely before spring, and the supply of water being of such vast importance, the amount required daily for the use of the hospital being not less than 20,000 gallons, and as by our present arrangement it became necessary to keep up a greater head of steam and consequent consumption of fuel, especially in the summer, than we otherwise required, we took measures in the early part of August to ascertain the most available method for supplying the deficiency in the pumps, and reducing the consumption of fuel required under our present system. After instituting diligent search and making many inquiries, we came to the

conclusion to procure two caloric engines of about four horse power each, with pumps attached. We entered into a contract with John B. Kitching, Esq., Agent of the Caloric Steam Engine Company of New York, for two such engines and pumps, he obligating himself that each of them will throw 2,500 gallons of water per hour, from the river, near which they are located, through 600 feet of pipe, up an elevation of 90 feet, into the tanks in the attic of our building. Sufficient time since they have been in operation, has not yet elapsed for us to speak very decidedly upon their merits, yet we do not see any reason to doubt their successful action.

Except the outlay for this purpose, no large amount has been expended for repairs during the year. For the present condition of the finances, please see the accompanying report of the Treasurer.

The hope expressed last year that the farm would increase annually in productiveness, has, we flatter ourselves, been partially realized, as will be seen by the amount of stock and produce on hand.

We present, in accordance with the law, an aggregate of the inventory of the stock and supplies on hand on the 30th of September, and also a list of the salaried officers and their salaries.

Amount and value of the personal property of the State in the Lunatic Hospital at Taunton, September 30, 1860.

Live stock on the farm,	\$4,177 50
Produce of the farm on hand,	1,950 00
Carriages and agricultural implements,	938 25
Machinery and mechanical fixtures,	21,261 00
Beds and bedding in inmates' department,	7,036 00
Other furniture in " "	6,417 49
Personal property of the State in superintendent's department,	1,051 89
Ready made clothing,	501 74
Dry goods,	260 44
Provisions and groceries,	680 86
Drugs and medicines,	98 28
Fuel,	195 00
Library,	225 00

\$44,793 45

*Persons employed in the Lunatic Hospital, Taunton, with their
Compensation, September 30, 1860.*

Superintendent and physician,	(per year,)	\$1,800 00
Assistant physician,	"	700 00
Treasurer,	"	300 00
Clerk,	"	500 00
Housekeeper,	"	225 00
Supervisor, male,	"	400 00
" female,	"	275 00
Sempstress,	"	175 00
Assistant sempstress,	(per month,)	14 00
Engineer,	"	40 00
Baker,	"	25 00
Coachman,	"	18 00
Laborers on farm, 3,	"	15 00
Attendants, male, 8,	"	20 00
" female, 8,	"	14 00
Cook,	(per week,)	2 50
Assistant cooks, 2,	"	2 00
Laundress,	"	3 00
Assistant laundresses, 2,	"	2 00
House attendant,	"	2 00

In conclusion, we again commend the institution, with all its varied interests, to the attention of the legislature, and beseech for it the kindly regard and protecting care of a beneficent Providence.

GEO. HOWLAND, JR.,
M. R. RANDALL,
CHARLES EDW'D COOK,
JOHN M. KINNEY,

Trustees.

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer for the year ending September 30, 1860, is respectfully submitted to the Board of Trustees:

RECEIPTS.

Received from the State Treasurer for support of patients,	\$27,916 29
Received from towns for support of patients,	18,577 84
individuals for support of patients,	9,074 12
sale of sundries,	105 04
Loans,	4,691 18
Balance in Treasurer's hands September 30, 1859,	2,214 70
	<hr style="border-top: 1px solid black; border-bottom: 3px double black;"/>
	\$62,579 17

PAYMENTS.

Paid on account of supplies,	\$22,453 02
fuel and lights,	4,665 88
labor,	10,248 59
farm,	2,261 33
furnishing,	7,612 57
construction and repairs,	5,114 41
incidentals,	412 50
loans,	9,233 10
Balance in Treasurer's hands Sept. 30, 1860,	577 77
	<hr style="border-top: 1px solid black; border-bottom: 3px double black;"/>
	\$62,579 17

GEO. C. S. CHOATE.

The accounts of the Treasurer, together with the vouchers, have been examined, and found to be correct.

CHARLES EDW'D COOK,
JOHN M. KINNEY,

Auditing Committee.

STATE LUNATIC HOSPITAL, TAUNTON, {
October 11, 1860. }

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton :

GENTLEMEN,—In presenting to you, now for the seventh time, a detailed account of the affairs of the institution under your charge, it will be perhaps convenient to follow the plan pursued in the last annual report, and to consider its condition under the several heads of numbers and capacity ; curative results ; means of carrying out its designs ; and financial position ; accompanying each with such suggestions, bearing upon its future usefulness, as the experience of another year may have imparted to me.

The capacity of an institution, which is not allowed to set a limit to its numbers, and to refuse all further additions, can hardly be fixed. Especially is this the case with the building under your supervision, the peculiarities in the construction of which admit of constant and long-continued additions to its contents without reaching the point of utmost distention, yet not without a diminution of comfort, and an interference with those processes which are most conducive to the end for which it was designed.

The hospital at Taunton, as you are well aware, was intended for the care and cure of two hundred and fifty patients, and the space allotted was such as was considered by the best authorities necessary for the comfort and well-being and improvement of that number. During the first year of its operation the largest number at any one time within its walls was two hundred and fifty-five, and it was believed to be well filled. During the following year the number rose at one time to two hundred and ninety, and we felt that, though not inconveniently crowded, every available space in the building was fully occupied.

The third year brought the number up to three hundred and eight, and with it came the difficulty, which has since been experienced with ever increasing force, of providing with single sleeping apartments all to whom such provision is a necessity. The fourth year saw us at its close with three hundred and twenty-seven patients, which were still further increased during the following year to three hundred and fifty-six. Last year's report recorded our largest number as three hundred and sixty; and in July, of the present year, three hundred and ninety-two patients—fifty-eight per cent. more than were contemplated by the originators and architects of the building—were provided for within its walls. With this number we may well conclude that we were doing all that it was designed we should accomplish, provided we were doing it well.

It was shown in the last report, that at the time of opening this hospital two hundred and twelve patients from this section of the State were provided for at the hospital at Worcester. As we cannot conclude that the number of the insane has increased in a greater ratio than the population, we may be well satisfied that one design of this institution has been well carried out—that of affording to the people of this section of the State increased facilities for the care and cure of their unfortunate insane.

The report of the last Commission of Insanity shows that the number of insane in our State is about twenty-five hundred, or one in every four hundred, including men, women and children. The population of that part of the State allotted to this hospital being about four hundred and fifty thousand, the number of insane may be supposed to be—following out the above proportion—about one thousand one hundred.

The institutions at Somerville and South Boston, deriving, the former, many, and the latter all its patients from the same locality, will raise the number cared for in hospitals to little more than one-half the whole number of the insane. Still, even this is a gratifying increase upon the proportion of former years, gratifying, inasmuch as it evinces the dissemination of more correct views of the nature of the malady, of the value and importance of medical treatment, and a better appreciation of the superior facilities afforded for cure in our public institutions.

During the past year no cases have been admitted into the hospital not strictly belonging to the class which it was designed to accommodate, and the pressure of cases of real disease would seem to preclude, for the future, the admission of any who were not fairly entitled to claim a share in its privileges and benefits. The steady and uninterrupted increase of our numbers in the past cannot fail to lead us to the consideration of the question how we are to dispose of them in the future. Six years have increased the number of insane provided for by this hospital, from two hundred and twenty to three hundred and seventy, notwithstanding the opening of a new institution during that period, to which about one hundred have been transferred. Can we expect a less increase in the future, especially as the means of relief, by transferring to a less crowded institution, will no longer be open to us? The experience of the past year has convinced me that more than four hundred patients cannot, with propriety, and a decent regard to the curative results of the institution, be provided for in this building. Enlargement of it seems to be out of the question. Even if it were desirable to have a larger number than this associated under our management, which it most assuredly is not, the construction of the building is such, that no additions consistent with the present internal arrangements or architectural design could be made.

The only means remaining in our hands will therefore be to reduce, if possible, the number of admissions after that number is attained, or to exercise that right which the laws have conferred upon your Board, to send back to the towns and counties from which they have been sent, such as are deemed past hope of recovery. The latter course is, on many accounts, objectionable. Many of the incurable imperatively demand the kind care and watchful oversight of experienced persons, which they can obtain only in public institutions designed expressly for their treatment. Neither the towns nor the counties have receptacles suitable for the confinement of the violent, the destructive, the filthy, or even of the demented. The only remaining alternative is to diminish the number of admissions, by requiring, in all cases, the order of the judge of probate or of the police court; and this course I would respectfully recommend to your consideration, as the most convenient and just mode of keeping our number within due limits, after

reaching the maximum of four hundred, which we are likely to do early in the coming year. By this course such only will be received as are considered by the proper legal authorities, after due investigation, proper subjects for hospital care, either through danger to be apprehended from their disease to themselves or the community, or through benefit to be anticipated from proper medical and moral treatment, or through relief demanded by friends and neighbors from offensive manifestations of their malady. While not shrinking from the fullest performance of the duty of this hospital, and while anxious to extend its benefits to the largest possible number of those needing its care, we should not lose sight of the fact, that, by endeavoring to do too much, the accomplishment of the great work we have to do may be seriously interfered with.

The great difficulty attendant upon over-crowding, and one which, owing to the peculiar construction of our building we feel in an especial manner, is its disturbance of the proper method of classification. Not only are too many thrown together, but some are necessarily associated, whose mutual influence is not good. Our halls, of course, are more disturbed; altercations and disagreements are more frequent; the supervision of individual cases is rendered more difficult; the laws of order and cleanliness are less easily enforced, and especially the proper ventilation of halls and apartments, provided for so well under ordinary circumstances by our admirable machinery, is seriously deranged. And finally, though this is matter of far less importance, the labors of all connected with the care of the inmates, and particularly their anxieties and responsibilities are increased in a far greater ratio than that of the growing numbers.

The next view of the condition of the hospital, to which I would ask your attention, is connected solely with its curative results. The cure of those committed to it is certainly its first, its highest, and its holiest end, and their ratio to the number of admissions must be taken as a measure, and an important one, of its success. At the same time, it must be borne in mind that the fields from which different hospitals derive their patients, are so various, and operate so extensively upon the probability of cure, that no certain deductions can be drawn from a comparison of their curative results favorable to one over another.

In the last report a table was presented, exhibiting the ratio of recoveries in many of the large institutions in this country and Europe, and the comparison showed that we had no reason to be dissatisfied with the results obtained here. During the last year the number who have returned to their homes, having thrown off their heavy burdens, has been larger than ever before. In one hundred and one cases of discharge the record has been, the cause of their confinement having ceased. This is forty-one per cent. of the whole number of admissions, and twenty-eight per cent. of the average number of inmates.

The following table exhibits the same proportions in each year since the opening of the institution. Small, at first, in consequence of the large number of old incurable cases received, the ratio has steadily increased as these were removed, until it has arrived at the present satisfactory result. Who can measure the joy which these hundred cases of the past year have brought to the hearts of anxious friends? Who can calculate the direct pecuniary advantage to the community from having so many lives saved to usefulness and good labors? How many of them owe their recovery directly to hospital influence? A few would undoubtedly have recovered at home without treatment. But these, unfortunately, are the exceptions. Bitter experience has conclusively shown that the great body of them would have become mere wrecks of humanity, useless, dreaded, and burdens upon their friends or the public.

	Whole No.	No. admitted.	Cures.	Ratio of cures to whole No.	Ratio of cures to admissions.
1854, . . .	210	330	36	17.14	10.91
1855, . . .	251	167	70	27.88	41.91
1856, . . .	280	185	62	22.14	33.51
1857, . . .	312	207	82	26.28	39.61
1858, . . .	328	223	84	25.61	37.67
1859, . . .	335	231	98	29.25	42.42
1860, . . .	365	245	101	27.67	41.23

What better proof could we have than the results of the past six years that insanity is a disease susceptible of medical treatment, and equally curable, when attended to at the proper time and in the proper way, with other diseases to which our bodily frames are liable? When it is remembered, as it ever should be, that the number of admissions includes a very large class who have been kept at home till cure is no longer even hoped for in the hearts of the most anxious and loving relatives and friends; that it includes many whose insanity is merely the accompaniment of organic bodily disease, soon to terminate in death, and that it gains many additions from the ranks of those whose frames and constitutions are sapped by long-continued habits of debauchery, intemperance and excesses of all kinds, does not the fact that more than forty per cent. of all received during the past two years have returned to the blessings of a renewed life, conclusively show that it is eminently a curable disease, and that hospital care, as at present understood and practiced, is peculiarly adapted to afford to its unfortunate victims the fairest prospect of relief?

It cannot, however, be too often repeated that the public ought not to measure the usefulness of institutions for the insane solely by the number of recoveries which take place within their walls. These are, indeed, their greatest and most glorious trophies. But there are humbler rewards for our labor, less conspicuous, inferior in arousing emotions of joy and gratitude, but still worthy of affording the highest satisfaction to all interested in their foundation, their support, and their management. The relief of the incurable; the improvement of many to such a degree that, if unable to take an active part in the great duties of life, they can yet measurably enjoy the great blessings of liberty and social intercourse; the increased comforts afforded to such as cannot even so far be relieved, in the improvement of their habits, and in the greater freedom from restraint which hospital conveniences and appliances afford; these results, if secondary in importance, if less glorious and elevating subjects of reflection and congratulation, are still high in the scale of rewards for human toil and ambition.

The benefits to society—to relieved communities and families—form the third class of good results accomplished by the system of the modern hospital treatment of insanity. And

who, that has known the torment and anguish which the most amiable, when laboring under this disease, may inflict upon the dearest and nearest in life; who that has seen the occasional terrible consequences of insanity unwatched and unguarded, wreaked oftenest in phrenzy upon the most beloved objects; who that has witnessed the injury that one mischievous lunatic may inflict upon a neighborhood, in harassing the timid, in annoying the sensitive, and perhaps in more material inflictions of wrath and mischief, in destroying property and endangering life, will hesitate to accord to even this relief from these troubles a high place among the benefits received from the institutions which have followed in the train of civilization and Christianity?

The next view of the condition of the hospital regards its adaptedness to the end sought to be attained, its equipment with all those means necessary for the comfort of its inmates and conducive to their improvement, and its system of management. On these points much has been said in former reports, and in that of last year a full account was given of the conveniences of the building, of the advantages of its location and construction, the character of its furnishing, the means of employment and amusement, and the general character of the agents employed in calming the troubled mind, in controlling the dangerous, in soothing the excited, and in leading into new and more healthy channels the thoughts wandering before in turbid and unnatural courses. Still we cannot be satisfied with following year after year, without improvement or addition, the same course. Nor would we be likely to maintain even the standard of previous years if attempts, at least, were not made to add to the comforts, to improve the conveniences, to increase the curative influences, and to render more efficient the management of the institution.

No institution can be perfect in all its appointments. Improvement can be made in all, and should be unremitting.

In the internal arrangements of the house some changes have been made during the past year with a view to the greater comfort and health of its inmates, and the better conducting of its various interests. Rooms in each wing have been separated from the halls, and prepared in the most comfortable and convenient manner for the reception of the sick. Great incon-

venience has hitherto been felt for having this class mingled with the other insane, the sick themselves being exposed to the noise and various annoyances inevitable from their contact with the physically strong but mentally diseased around them, and the well being subjected to that vitiation of the atmosphere in their apartments necessarily incident to the sick chamber. Both of these sources of discomfort are now happily removed by the new arrangement. The connection of these rooms with the centre of the house, and with commodious reception rooms, is also such as to admit of the sick receiving the visits of their friends in quiet and with greater freedom and at greater length than was previously practicable. The furniture of the apartments devoted to the patients has been kept fully up by the additions of the year to its previous comfortable character, and many new articles of luxury and convenience have been added.

The steam and ventilating apparatus having been found by experience to be amply sufficient for all the purposes required of them, have undergone no alterations, but thorough repairs made during the summer months have maintained them at fully their original efficiency.

It was found early in the season that the means of supplying the hospital with a sufficient quantity of water were failing, and accordingly, under direction of your Board, a new and exceedingly efficient, and, it is believed, economical apparatus has been, at a considerable expense, introduced, by means of which a most liberal supply has been obtained, adequate, it is hoped, to every possible future necessity of the establishment.

By the same fixtures the means of security against the danger of fire, before attained with tolerable certainty, have been largely increased; and, under the present arrangement, it is confidently believed that within ten minutes from the sounding of an alarm, under the most unfavorable circumstances, and generally with but a moment's delay, a stream of water supplying nearly one hundred gallons per minute could be directed upon any required spot in the establishment.

The grounds around the hospital have been during the past year assiduously cultivated and improved, with the view to render them more inviting and pleasing to its unfortunate inmates, and new objects of interest have been added, to attract,

if possible, their wandering attention, and lead into pleasant paths their gloomy or unhealthy thoughts.

The usual entertainments made use of in former years have been carefully attended to. A new carriage, for the use of the feeble and those unable to walk out, was procured soon after the commencement of the year. Out-of-door parties have been introduced more frequently, some of them extending to a considerable distance, and including visits to pleasant places of popular resort. The benefits of occasional social intercourse between the sexes, a matter about which considerable difference of opinion still exists among those most qualified to judge of its propriety, have, by the experience of another year, continued to commend themselves as important agents in hospital treatment. Few scenes present brighter pictures of happiness than some of our social reunions, or are looked forward to with more eager anticipations of pleasure.

Religious worship continues, as heretofore, to extend its privileges and enjoyments to a large number of the inmates of the institution, and I would acknowledge with gratitude the attentive and uniformly judicious services of the clergymen who have officiated for us.

Of the management of the insane little can be added to what has been said in former reports. Mildness and gentleness, the abolition of restraint of all kinds so far as is consistent with the safety and real good of the patient, the total prohibition of every thing which can be construed to mean punishment, and the avoidance of a reliance upon depleting remedies to secure quiet, are the governing principles of all our action.

A brief statement of the financial position of the hospital, at the present time, will complete the preliminary sketch, which I proposed to give you, of the condition of the institution. From the opening of the hospital it has labored under the serious disadvantage of being obliged to borrow money to defray its daily expenses. The small sum, originally granted to meet these wants, and to serve as a working capital, was soon exhausted, and in spite of the most rigid economy consistent with a due regard to the comfort and cure of its inmates, the end of the second year saw us with a loan from the bank of ten thousand dollars. The unfinished condition of the buildings and grounds, together with the necessity of increasing the furniture and

appliances from the amount required for two hundred and fifty patients to that needed for our largely increased numbers, precluded a very rapid diminution of this incumbrance.

And now for the first time we are able to congratulate ourselves that the institution is out of debt, and is avoiding the payment of interest. To attain this extremely desirable end, while it has been an evident duty to practice the strictest economy, it is believed that nothing has been omitted which was essential to the objects of the institution, desirable for the comfort of its inmates, or necessary for keeping every thing connected with the establishment up to a proper standard of condition.

During the past six years, the sum of eleven thousand dollars has been expended out of the current income of the hospital, for furniture of various kinds; and during the same period the sum of thirteen thousand nine hundred dollars has been spent from the same source for repairs of the buildings, construction of new and improved machinery and fixtures, and the improvement of the grounds.

The number of persons employed in the various duties of the household has been kept strictly within that which is absolutely necessary for accomplishing its objects; and while a full amount of labor has been exacted from all, the compensation afforded to each has been upon a liberal scale.

The diet of all, both patients and employees, has been plain, simple, and substantial, the best of its kind, and prepared in a proper manner. The bread made use of has been uniformly excellent, always eliciting the encomiums of visitors. The meat has been invariably from first class cattle, and delivered daily at the hospital in good condition. The farm has furnished us, during the past three years, with an abundance of vegetables of all kinds for all in the household, and fruits have been served in their seasons, as far as has been thought consistent with health. Subjoined is a table showing the diet of each day in the week, as prescribed by your Board:—

SUNDAY.

Breakfast—Coffee or broma, baked beans and pork, bread and butter.

Dinner—Corned beef and vegetables, pies and cheese, bread.

Supper—Tea, bread and butter, gingerbread.

MONDAY.

Breakfast—Coffee or broma, bread and butter.

Dinner—Roast meat and vegetables, rice and molasses, bread.

Supper—Tea, bread and butter, cheese.

TUESDAY.

Breakfast—Coffee or broma, bread and butter.

Dinner—Soup and vegetables, baked pudding, fruit.

Supper—Tea, bread and butter, doughnuts.

WEDNESDAY.

Breakfast—Coffee or broma, bread and butter.

Dinner—Salt fish and vegetables, hasty pudding, bread.

Supper—Tea, bread and butter, cheese.

THURSDAY.

Breakfast—Coffee or broma, minced fish, bread and butter.

Dinner—Roast meat and vegetables, rice and molasses, bread.

Supper—Tea, bread and butter.

FRIDAY.

Breakfast—Coffee or broma, bread and butter.

Dinner—Soup and vegetables, baked pudding, fruit.

Supper—Tea, bread and butter.

SATURDAY.

Breakfast—Coffee or broma, boiled eggs, bread and butter.

Dinner—Fresh fish and vegetables, rice and molasses.

Supper—Tea, bread and butter.

When it is considered how much besides the actual support of its inmates the hospital is obliged to supply; how much watchful care to afford, how much mischievous destruction to repair, how many expensive attentions to bestow upon the sick in body and in mind, the sum of two dollars and seventy-five cents, the average rate of board received, and which furnishes the whole income of the institution, nothing beyond this being received from the State or any other source, cannot surely be esteemed large.

Having thus completed a brief sketch of the hospital in its four great essentials of numbers, curative success, convenience, and finances, I proceed to present to you an account in detail of the operations of the year. In the light of either division the

closing year cannot be regarded as otherwise than successful to a gratifying degree. Immunity from disease, from accident, and in general from any of those unpleasant occurrences, to which institutions for the insane are peculiarly liable, should call forth at this time devout gratitude in our hearts to the kind Providence, who has held us in the hollow of his hand. To your wise and ever careful and attentive administration of its affairs, and to the industry and fidelity of my worthy and devoted assistants in the various duties pertaining to them, under His overruling direction, is our success mainly due. The work in which we are engaged, humble though it be, is one hedged in with solemn responsibilities, filled with anxious perplexities, and yet compensated with glorious rewards. To your Board is attached the mighty responsibility for the general success and good management of the institution, and the not less mighty and often most perplexing and embarrassing duty, of deciding upon the health or disease, upon the liberty or confinement of fellow citizens, the happiness and safety of families, and the security of the community. Few situations require greater judgment, greater firmness, greater freedom from bias and prejudice. None should be more readily rewarded with the cheerful acquiescence and approval of friends and the public. It should not be forgotten, that with no compensation but that of an approving conscience, and with no motives but that of benevolence, the most trying duties are cheerfully undertaken.

Upon the resident officers and attendants devolve the less embarrassing but still momentous responsibilities of providing for all committed to them the best possible care, of taking advantage of every, even the most remote chance for their recovery, and, when cure is past hope, of soothing their troubles, calming their fears, restraining their violence, and protecting them from each other and themselves. In the cheerful coöperation of all can alone be found the true path of duty and success.

And, finally, upon the inmates of the hospital themselves devolves no little responsibility for the good order and happiness of the family, of which each forms a part. Many are able to do much to increase the comfort of those around them, or to render their hours more miserable, and their confinement more irksome. And I could name not a few who have cheer-

fully contributed their mite to render the halls pleasant, to soothe the depressed, to minister to the sick, and to recall the wandering mind of the deluded. To such, in an especial manner, are our thanks due. They will have not only the reward which good actions always bestow in peace within, but the good they would confer on others reacts still more powerfully upon themselves, and often is an active agent in their own restoration.

The following tables, similar to those of former years, are intended to exhibit in detail the operations of the year, and to embody all important facts from the records:

TABLE No. 1.

	Males.		Females.		Total.	
Number of Patients remaining September 30, 1859, . . .		165		176		341
Number of Patients admitted since September 30, 1859, . . .		130		115		245
Number of Patients under treat- ment during the year, . . .		295		291		586
Number of Patients discharged during the year, . . .	78		98		176	
Number of Patients died during the year, . . .	25		22		47	
Number of Patients eloped during the year, . . .	2—	105	0—	120	2—	225
Number of Patients remaining September 30, 1860, . . .		190		171		361

The number of admissions has, as usual, exceeded that in any former year. During the past year they have averaged a little more than twenty per month. The greatest number at any one time in the house has been two hundred and ninety-two. The average number of patients during the year has been two hundred and sixty-five, thirty more than during the year previous. The increase from the beginning to the close of the year has been twenty.

The admissions during each month have been as follows:

Admitted in Oct., 23;	In Dec., 18;	In March, 27;	In June, 21.
Nov., 18;	Jan., 19;	April, 20;	July, 29.
Sept., 19;	Feb., 9;	May, 26;	Aug., 16.
In Autumn, 60;	In Winter, 46;	In Spring, 73;	In Summer, 66.

This year, for the first time, the number of admissions has been largest in the early spring months. Winter, however, continues to hold its position of comparative exemption from attacks of mental disease.

The number of discharges has also been larger than ever before, except during the year before the last, when the number was largely increased by transfers to the hospital at Worcester. The discharges during each month have been as follows :

Discharged in Oct., 5;	In Dec., 13;	In March, 13;	In June, 11.
Nov., 3;	Jan., 11;	April, 16;	July, 22.
Sept., 35;	Feb., 20;	May, 7;	Aug., 20.
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In Autumn, 43;		In Winter, 44;	
		In Spring, 36;	
		In Summer, 53.	

The number of deaths during the year has been forty-seven, and they have occurred as follows :

Died in Oct., 3;	In Dec., 6;	In March, 2;	In June, 3.
Nov., 6;	Jan., 1;	April, 4;	July, 1.
Sept., 3;	Feb., 6;	May, 9;	Aug., 3.
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In Autumn, 12;		In Winter, 13;	
		In Spring, 15;	
		In Summer, 7.	

Two cases of elopement have occurred during the year, both of males. One of these had been long a resident of the hospital, and, being of a harmless disposition at all times, had been employed for more than a year in various domestic duties, both within doors and abroad, and had never manifested the slightest disposition or desire to leave us. On the ninth of January last, a warm, pleasant winter's day, he went out into the woods, as he had often done before, to gather the ground pine and other evergreens with which to adorn the halls. From that moment we have never seen him; although apprehending at first that some accident might have befallen him, thorough search was made through the hospital grounds and the woods adjacent. The other, a more recent case, suddenly one dark evening dashed out with his foot the iron sash in one of the hall windows, and made his exit before his purpose could be arrested. For him, also, diligent search has been made without avail.

It may not be out of place in this connection to mention, that during the year past the iron sash, which are our protection

against elopement and accident, have all been taken out in the male wing, and replaced with much greater strength than before. The defects in the fastening, originally exceedingly frail, have been remedied, but the sash themselves are not even now strong enough to afford a sufficient obstacle to the escape of a determined man.

TABLE No. 2,
Shows the Condition of those Discharged.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	54	47	101	238	194	432	533
Improved, . . .	12	15	27	49	58	107	134
Unimproved, . .	12	36	48	110	118	228	276
Totals, . . .	78	98	176	397	370	767	943

The recoveries have this year amounted to fifty-eight per cent. of the whole number of discharges, a ratio decidedly larger than that attained in any previous year, except eighteen hundred and fifty-nine. If we deduct the forty-one transferred to Northampton, which should hardly be classed under the head of regular discharges, the recoveries amount to seventy-five per cent. of the whole number discharged, exceeding the ratio of last year by nine per cent. Of the two hundred and eleven patients originally sent to us from the hospital at Worcester, there now remain with us but thirty-six persons—twenty-one males and fifteen females—all, of course, in hopeless stages of chronic mania and imbecility. Twenty-six males and thirty-three females out of this number have died. Forty males and forty females have been discharged unimproved. Five males and four females have been discharged improved; and twenty-three only—ten males and thirteen females—have recovered.

The number who have been either cured or decidedly improved the past year, constitute seventy-three per cent., or deducting the transfers, ninety-five per cent. of the whole number discharged; a truly gratifying result, not only inasmuch as it

demonstrates the probability of conferring benefit at least upon all, but as evincing a disposition on the part of friends and authorities not to remove such as are not in a condition to leave with propriety.

Of the forty-eight who were removed in an unimproved condition, five only were removed by their friends, four by overseers of the poor, seven by the Alien Commissioners; thirty-one were transferred to the hospital at Northampton, and one was, at the solicitation of friends, discharged by a court, after a carefully made investigation of the case, and consequent refusal to discharge by your Board, and in spite of direct testimony of the Superintendent as to the unfitness of the party to go at large.

The very small number removed by the overseers of the poor during the year, bears with it the strongest commendation of the liberal spirit, which on the whole actuates the inhabitants of our small towns relative to this unfortunate class of dependent beings, and shows, that with most of them the consideration of dollars and cents is not allowed to overshadow entirely the dictates of humanity. Three of the four removed by their friends were taken away by the advice of the Superintendent, as being harmless, and in such a precarious state of health as to make it desirable that the short remnant of life should be spent in the midst of their friends.

Of the twenty-seven discharged improved, eight were discharged to their friends, the nature of their disease having become so far mitigated that they could again reside with their families; ten were transferred to the hospital at Northampton, seven were given up to the Alien Commissioners for removal either to one of the State almshouses or beyond the borders of the State, and two only were taken by overseers of the poor to be kept in the town almshouses.

TABLE No. 3,

Shows the Character of Insanity in those Admitted.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	81	70	151	332	322	654	805
Melancholia, . .	14	16	30	72	86	158	188
Monomania, . .	—	—	—	75	68	143	143
Dementia, . . .	35	29	64	207	181	388	452
Totals, . . .	130	115	245	686	657	1,343	1,588

No cases have been admitted during the year which could fairly be placed under the head of monomania, although many of a single prominent and urgent delusion have been received. The prevailing popular idea, that many persons are insane only upon one subject, though apparently correct, is unquestionably fallacious. The prominence of a single delusion or of false ideas upon one class of subjects, should prompt us only to a deeper investigation, which will almost invariably disclose to us a general impairment of the intellectual faculties.

The following table will exhibit the character of the disease in those discharged recovered and improved during the past year.

	Mania.	Melancholia.	Monomania.	Dementia.
Recovered, . . .	85	16	—	—
Improved, . . .	9	3	—	15

A few cases have occurred during the year of such marked peculiarity as to deserve particular mention.

One of these, a young lady of more than ordinary native intelligence and of considerable cultivation, is firmly possessed

of the idea that her hip is dislocated, and that she is helpless. So prominent and urgent is this delusion, that at first sight one would be inclined to place the case in the class of monomania, but further examination discloses other not less curious but more latent delusions.

Another, a man of little education, after attending a horse race and becoming intensely interested in the result, returned home firm in the belief in the marvellous speed which he could develop by proper training in a favorite mare, and immediately began to devote himself to the task of bringing out her latent powers by the administration of the most rich and costly articles of food and expensive wines and liquors. His interest in his self-imposed task in the course of a week reached such a height that neither night nor day could he be induced to desert his post by the side of his pet; and when urgent persuasion was tried he became exceedingly violent and dangerous.

This case, too, on the face apparently monomania, shows to a deeper scrutiny the marks of the initiatory stage of permanent general disease, of which his strange conduct is merely one of the symptoms.

But one homicide, and that a mother, who in the phrenzy of puerperal mania destroyed her child, has been received during the year.

TABLE No. 4,
Shows the Duration of Disease before Admission.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	77	50	127	284	269	553	680
Between 3 and 6 mos.,	12	27	39	75	67	142	181
6 and 12 mos.,	13	12	25	56	52	108	133
1 and 2 yrs.,	10	10	20	68	64	132	152
2 and 3 yrs.,	4	5	9	48	41	89	98
3 and 4 yrs.,	1	1	2	27	29	56	58
4 and 5 yrs.,	3	4	7	28	23	51	58
5 and 10 yrs.,	6	3	9	48	70	118	127
10 and 20 yrs.,	2	1	3	40	32	72	75
Over 20 years, .	2	2	4	12	10	22	26
Totals, .	130	115	245	686	657	1,343	1,588

Fifty-four patients, nearly one-quarter of the whole number, had been insane more than one year before admission. In these, of course, little hope remained of permanent recovery, nearly all of them having fallen into a condition of hopeless dementia or idiocy.

A single remarkable case occurring during the year is worthy of special mention. It is one of complete recovery after eighteen years of disease. Such cases are mentioned by some of the French writers, but they are alluded to merely as remarkable and exceptional cases, and are seldom seen or recorded even in hospital reports, which cover annually such an immense number of instances of disease. The case was one of periodical mania, of excitement alternating with depression, not differing materially from many of the same class, which are at all times inmates of the hospital. The patient has now been perfectly well for ten months, and occasionally writes to her friends whom she has left here. It should lead us to look with some degree of hope upon many cases which have long been given up even by their friends.

But, notwithstanding the occasional occurrence of recovery in cases of considerable duration, it cannot be too frequently impressed upon all that the time for treatment is in the early stage of the disease, and that the prospect diminishes rapidly as the only proper means of restoration are deferred. During the first three months, if we except certain cases depending upon fatal organic physical disease, insanity is the most curable of all acute diseases, the chances being nine to one in favor of recovery, while, after the lapse of a year, so little hope remains that in some European hospitals all such cases are rejected as being no longer fit subjects for medical treatment. In estimating the probability of recovery or permanent disease, the first and most important question is, how long has the patient been insane.

The following table, similar to that given in last year's report, shows the duration of the disease before admission in those discharged recovered during the year.

	1860.			1859.			Total in two years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	42	36	78	49	31	80	158
Between 3 and 6 mos.,	3	3	6	4	2	6	12
6 and 12 mos.,	4	4	8	2	4	6	14
1 and 2 yrs.,	3	2	5	3	2	5	10
2 and 3 yrs.,	1	1	2	1	—	1	3
Over 3 years, . .	1	1	2	—	—	—	2
Totals, . .	54	47	101	59	39	98	199

Seventy-nine per cent. of all the recoveries which have taken place during the last two years have occurred in cases which had been less than three months insane before admission; six per cent. in cases which had been between three and six months insane, and seven per cent. in cases which had been between six and twelve months insane; while two cases only, one of them the case referred to above, or only one per cent., had been insane more than three years. What a commentary do these facts afford upon the question of early removal to hospital treatment.

TABLE No. 5,
Shows the Causes of Death in those Deceased.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis,	9	8	17	23	45	68	85
Dysentery,	—	—	—	8	5	13	13
Maniacal Exhaustion, .	3	4	7	12	11	23	30
Fever,	—	1	1	3	4	7	8
Apoplexy,	—	2	2	9	3	12	14
Old Age,	—	—	—	1	1	2	2
Gangrene,	—	—	—	1	1	2	2
Anemia,	—	1	1	2	3	5	6
Disease of Liver, .	—	—	—	2	1	3	3
Erysipelas, . . .	1	—	1	—	2	2	3
Epilepsy,	—	—	—	4	1	5	5
Paralysis,	3	—	3	6	4	10	13
Softening of Brain, .	5	—	5	17	4	21	26
Disease of Heart, .	—	—	—	1	3	4	4
Marasmus,	1	1	2	6	6	12	14
Diarrhœa,	1	1	2	11	7	18	20
Peritonitis,	—	—	—	1	—	1	1
Chorea,	—	—	—	1	—	1	1
Inanition,	—	—	—	1	1	2	2
Cancer,	—	—	—	—	1	1	1
Scrofula,	—	—	—	—	1	1	1
Chronic Mania, . .	1	3	4	6	5	11	15
Suicide,	—	1	1	1	2	3	4
Hemoptysis, . . .	1	—	1	—	—	—	1
Totals,	25	22	47	116	111	227	274

More than thirty per cent. of the deaths since the opening of the institution have been from phthisis. This is probably by no means in consequence of persons with a scrofulous diathesis being more liable than others to mental disease, but arises from the fact that the development of scrofulous diseases, of which phthisis is one form, is favored by any cause which lowers the general system and weakens its tone.

Maniacal exhaustion, the next largest cause, has produced death in thirty cases, about eleven per cent. of the whole number. This is the ordinary termination of such acute cases as result fatally. Intense and long-continued excitement, inordinate and unhealthy exaltation of the feelings and sentiments, constant agitation of mind and body, and the continued sleeplessness, which are attendant upon acute mania, must inevitably, by one of the plainest laws of nature, be followed by corresponding depression and exhaustion. This, in ordinary cases, is not so severe as to endanger life, but is the gate through which the patient passes to convalescence or to dementia. But occasionally, when the excitement is high and prolonged, and the vital powers weak, the reaction is so complete and extreme, that the patient never rallies from it, but sinks rapidly till death closes his sufferings.

Softening of the brain, or as it is more properly denominated at the present time, general paralysis, stands third on the list, being recorded as the cause of death in about one-tenth of the whole number. This strongly marked and peculiar disease, occurring generally in men, and most commonly as the sequence of excessive indulgence of the passions and appetites, or of intense mental exertion, often of both combined, is invariably fatal, seldom allowing its victim to pass the period of three years from the commencement of the disease.

Twenty cases of death have occurred since the opening of the hospital from diarrhœa. Like phthisis, this is often a disease consequent upon exhaustion of the vital forces, although occasionally induced, without doubt, by the manner of eating of demented persons without due mastication of food, or in consequence of improper articles being taken into the stomach, which is unfortunately a frequent habit with this class, the most filthy and disgusting as well as the most indigestible substances being often seized upon with avidity.

Chronic mania is recorded as the cause of death in fifteen cases, about five per cent. This differs from maniacal exhaustion in being the result of very long continued moderate excitement, and denotes the gradual wearing out of the powers by loss of sleep and rest, while the latter follows brief and violent attacks.

As usual, the cases of acute disease during the year have been very few, one death only having occurred during that time from fever, and one from dysentery.

Three persons have died suddenly. One, a female, eighty years of age, apparently on the day of her death in most robust physical health, having gone to our chapel to attend the usual Sabbath service, was observed to fall over suddenly upon her side, and in ten minutes had breathed her last. Her disease was apoplexy. The second, a young man, was retiring for the night, and when partially undressed was attacked with hemorrhage from the lungs, which within five minutes terminated his life. The third, a young female, died by her own hand. Known to be suicidal, the most particular and unusual precautions had been taken to secure her safety; but with the cunning, which remains often after all else has fled, she managed to elude every guard, and accomplished her purpose by strangulation with her dress.

During the past year thirty-seven of this class of patients have been received into the hospital. This, however, includes only those who had been known to make some attempt, or who had shown a decided disposition to self-injury before admission. In a large number of others the propensity exists, but in a more latent and concealed form, and hence is still more difficult to guard against.

TABLE No. 6,
Shows the Ages of Patients admitted.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.,	—	—	—	1	—	1	1
10 and 15 yrs.,	—	1	1	6	4	10	11
15 and 20 yrs.,	10	7	17	42	39	81	98
20 and 25 yrs.,	11	17	28	69	100	169	197
25 and 30 yrs.,	20	20	40	111	103	214	254
30 and 35 yrs.,	18	18	36	96	92	188	224
35 and 40 yrs.,	15	17	32	94	93	187	219
40 and 45 yrs.,	16	13	29	82	62	144	173
45 and 50 yrs.,	16	6	22	70	50	120	142
50 and 55 yrs.,	6	7	13	34	41	75	88
55 and 60 yrs.,	8	2	10	41	20	61	71
60 and 65 yrs.,	4	1	5	13	26	39	44
65 and 70 yrs.,	4	2	6	9	15	24	30
70 and 75 yrs.,	1	3	4	7	4	11	15
75 and 80 yrs.,	1	3	4	9	2	11	15
80 and 85 yrs.,	1	1	2	2	6	8	10
Totals, . . .	130	115	245	686	657	1,343	1,588

Between the ages of twenty and forty-five have occurred eight hundred and ninety-four cases, more than half of all admitted, although it is unquestionably a fact, that this period, being that of the greatest activity, exertion, and strife among men, and of peculiar exposure to exciting causes among females, the age of the greatest activity of the passions and of the greatest labor, produces more cases of insanity relatively than any other, yet the proportion is not so large as the figures would at first sight indicate, and the number, twenty-five, which occurred

after the age of seventy-five, may really represent nearly as large a proportion of the persons in society at that advanced age as the former. In extreme old age there is a peculiar liability to a certain form of loss of mind, which is usually classed under the head of insanity; and Esquirol, the eminent French writer on this disease, maintains that a proportionally increased frequency of mental disorder with the advance of age really does obtain, although the predisposition thus arising from advancing age increases in an irregular manner. In these cases of dementia, occurring in old people, it may well be questioned, whether on the whole it is advisable to remove, such as are mild and manageable, to an asylum. At an age more advanced than eighty, the entire change which is made in the mode of life is exceedingly apt to operate unfavorably upon the patient, and, as there is no reasonable hope of cure, I have generally advised friends to retain them at home, unless they have exhibited traits dangerous to themselves or others. Age in this, as in all other diseases, has much to do with the prognosis of the malady, although special forms of disease are susceptible of cure at any period of life.

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers, 126	Sea-captains, 14
Laborers, 175	Merchants, 10
Seamen, 84	Machinists, 10
Shoemakers, 59	Stone-layers and Masons, . . . 10
Operatives in mills, 43	Porters and Waiters, 10
Carpenters, 36	Cabinet-makers, 9
Traders, 34	Clergymen, 8
Clerks, 20	Tailors, 8
At school, 17	Bakers, 7
Blacksmiths, 15	Printers, 7

TABLE No. 7—Continued.

Teachers,	6	Turners,	2
Painters,	6	Book-agents,	2
Students,	5	Moulders,	2
Stage-drivers and Teamsters, .	5	Rope-makers,	2
Harness-makers,	5	Bonnet and Cap-makers,	2
Coopers,	5	Shovel-polishers,	2
Fishermen,	5	Book-binders,	2
Butchers,	5	Engravers,	2
Cigar-makers,	5	Barkeepers,	2
Gardeners,	4	Tinsmith,	1
Jewellers,	4	Editor,	1
Barbers,	4	Caulker and Graver,	1
Brittania-workers,	3	Naval Officer,	1
Physicians,	3	Stevedore,	1
Soldiers,	3	None,	7
Wheelwrights,	3	Unknown,	10
Basket-makers,	3	Total,	816

These may be divided into the following classes:

Pursuing active employment out of doors,	.	.	.	472
in doors,	.	.	.	189
Of sedentary habits,	.	.	.	145
Unknown,	.	.	.	10
Total,	.	.	.	<hr/> 816

TABLE No. 8,
Shows the Civil Condition of all persons admitted.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	60	47	107	280	278	558	665
Unmarried, . . .	64	50	114	375	289	664	778
Widowed, . . .	6	18	24	31	90	121	145
Totals, . . .	130	115	245	686	657	1,343	1,588

TABLE No. 9,
Shows the Nativity of Patients admitted.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	62	58	120	403	359	762	882
Americans, Irish Par'ts,	—	1	1	8	17	25	26
Irish,	47	49	96	208	256	464	560
English,	8	2	10	14	8	22	32
Germans,	10	4	14	31	9	40	54
French,	—	—	—	6	—	6	6
Scotch,	1	—	1	1	6	7	8
Spanish,	1	—	1	4	—	4	5
Canadian,	—	—	—	2	1	3	3
Italian,	—	1	1	4	—	4	5
West Indian,	1	—	1	2	—	2	3
Nova Scotian,	—	—	—	2	—	2	2
Danish,	—	—	—	—	1	1	1
Dutch,	—	—	—	1	—	1	1
Totals,	130	115	245	686	657	1,343	1,588

TABLE No. 10,
Shows the Causes of Insanity.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	5	26	31	59	169	228	259
Intemperance, . .	43	11	54	157	41	198	252
Masturbation, . .	12	2	14	81	6	87	101
Religious excitement, .	7	6	13	26	32	58	71
Domestic trouble, .	3	3	6	26	41	67	73
Childbirth, . . .	—	10	10	—	45	45	55
Epilepsy, . . .	4	1	5	29	17	46	51
Pecuniary trouble, .	5	—	5	37	5	42	47
Paralysis, . . .	5	—	5	16	9	25	30
Disappointment, .	—	7	7	11	16	27	34
Injury, . . .	1	2	3	24	4	28	31
Loss of friends, . .	1	—	1	5	22	27	28
Spiritualism, . .	2	4	6	6	11	17	23
Hard work, . . .	3	1	4	8	7	15	19
Ill treatment, . .	2	6	8	—	6	6	14
Fright, . . .	—	—	—	3	10	13	13
Congenital, . . .	1	1	2	3	6	9	11
Old age, . . .	1	1	2	4	3	7	9
Seduction, . . .	—	2	2	—	7	7	9
Love affair, . . .	—	—	—	1	7	8	8
Hard study, . . .	2	—	2	4	2	6	8
Jealousy, . . .	—	—	—	4	3	7	7
Sun-stroke, . . .	—	—	—	6	—	6	6
Want of employment, .	—	—	—	5	—	5	5

TABLE No. 10—Continued.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Use of tobacco, . . .	—	1	1	2	1	3	4
Millerism,	—	—	—	3	—	3	3
Healing of ulcers, . .	—	—	—	1	2	3	3
Turn of life,	—	—	—	—	3	3	3
Exposure,	—	—	—	2	1	3	3
Syphilis,	1	—	1	2	—	2	3
Chorea,	1	—	1	1	—	1	2
Use of narcotics, . .	1	1	2	1	1	2	4
Light reading, . . .	—	—	—	—	2	2	2
Bad education, . . .	1	1	2	—	—	—	2
Bite of a cat,	—	—	—	1	—	1	1
Sudden good fortune, .	—	—	—	1	—	1	1
Home sickness, . . .	—	—	—	—	1	1	1
Free-love doctrine, .	—	—	—	—	1	1	1
Unknown,	30	29	59	158	176	334	393
Totals,	130	115	245	686	657	1,343	1,588

In reviewing the table of causes, one cannot help being struck with the large proportion of cases which are self-induced. And the consideration of this class will be especially useful if it should lead any to the avoidance of practices and habits which are pregnant with danger. Four hundred and twenty-one out of eleven hundred and ninety-five cases in which the cause was known, were produced by acts and habits over which the individual has full control. But these are only the acknowledged cases of unfortunate habits, only those where they are so obvious and excessive, that they are freely confessed either by the individuals or their friends. In how many more the

true cause is concealed from shame and dread of disgrace, every student of human nature can judge for himself.

Furthermore, should we not inquire what is the most frequent source of ill health, of domestic trouble, of pecuniary difficulties, of epilepsy, of paralysis, and of ill treatment by relatives, which constitute four hundred and eighty-three cases out of the remainder? The latter causes, added to those confessedly under the control of the individual, amount to nine hundred and four out of eleven hundred and ninety-five cases, about eighty per cent. of the whole.

Now ill health undoubtedly is often to be looked upon as simply a misfortune, which neither society nor the individual could prevent. Still even from this cause a very large proportion are occasioned by some habit of life, which is wrong, which violates the laws of nature, and must be atoned for by nature's penalty. Of domestic trouble and pecuniary difficulties it is safe to say that few of them come without provocation. The very large majority of such cases are self-induced, brought on by some unfortunate habit. Of ill-treatment by friends and relatives, the same is true. The cause of paralysis and epilepsy also often, too often, lies in the sufferer's own mode of life.

Too free indulgence of the appetites, whether natural or artificial, an abandonment of restraint over the gratification of the senses, underlies a very large part of all these cases. And among these fatal indulgences the first place must undoubtedly be assigned as a prolific cause to the free use of intoxicating drinks.

Two hundred and fifty-nine cases are those of acknowledged intemperate persons. These are the known cases of the direct influence of this cause. Its indirect and hidden and circuitous influence is more wide-spread, though less apparent, easily comprehended by you who have learned the history, and investigated the cases of so many who have recovered, but less easily estimated with any approach to exactness. In its three-fold operation upon the physical system, upon the intellectual functions, and upon the moral sense, it may well be questioned whether habitual stimulation, directly and indirectly, is not the source of more mental disease than all other causes of insanity combined. Acting upon the body, it is the immediate cause of many cases of mania and dementia, of nearly all

the instances of softening of the brain, of epilepsy, paralysis, and diseases of the digestive organs, which, in their turn, react upon and overthrow the mind. Acting upon the mind, its tendency is to weaken the reasoning faculties, and undermine the judgment, inducing unwise business transactions, unfortunate social connections, loss of property, and the mental disorders which these occasion. Acting upon the heart, it perverts the moral sense, and weakens the powers of resistance to temptation, leading to domestic unhappiness, ill-treatment of friends, and indulgence in other fatal habits, and these, in turn, contribute their share to the numbers of the insane.

The indulgence of the natural appetites, placed within us for important purposes, and productive of good, when governed by reason and conscience, but leading, when these restraints are thrown off, to prostration of the physical powers, to impairment of the intellect, to debasement of the moral affections, and to degradation of the individual in the scale of social existence, though second, perhaps, in direful effects to the artificial appetite alluded to above, come, without doubt, next to it in importance. Melancholia, the several grades of dementia and imbecility, epilepsy, and paralysis, with more rarely the acute and violent forms of disease, are the frequent sequels of excessive gratification and unbridled indulgence.

TABLE No. 11,

Shows the Ages at which Insanity appeared.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	—	—	—	4	2	6	6
Between 5 and 10 yrs.,	1	2	3	4	5	9	12
10 and 15 yrs.,	1	—	1	8	6	14	15
15 and 20 yrs.,	10	12	22	62	62	124	146
20 and 25 yrs.,	17	24	41	100	105	205	246
25 and 30 yrs.,	24	20	44	110	121	231	275
30 and 35 yrs.,	15	14	29	96	87	183	212
35 and 40 yrs.,	17	17	34	93	78	171	205
40 and 45 yrs.,	11	10	21	64	55	119	140
45 and 50 yrs.,	14	6	20	43	46	89	109
50 and 55 yrs.,	5	3	8	33	26	59	67
55 and 60 yrs.,	6	—	6	29	20	49	55
60 and 65 yrs.,	6	2	8	10	17	27	35
65 and 70 yrs.,	1	1	2	10	8	18	20
70 and 75 yrs.,	—	1	1	4	1	5	6
75 and 80 yrs.,	2	3	5	6	2	8	13
Unknown, . . .	—	—	—	10	16	26	26
Totals, . . .	130	115	245	686	657	1,343	1,588

The enormous increase after the age of fifteen tells but too plainly that the period of puberty brings with it new and important causes for disease to both sexes, which continue for twenty years in active force. There are at present but two in the institution below that age, and in each there has been probably from birth an inherited obliquity, which, it is to be feared, will continue through life.

TABLE No. 12,
Shows the last Residence of Patients.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	26	11	37	106	104	210	247
Barnstable County, .	3	4	7	27	24	51	58
Plymouth County, .	14	13	27	62	57	119	146
Dukes County, . .	2	4	6	10	2	12	18
Norfolk County, . .	11	19	30	116	85	201	231
Middlesex County, .	1	4	5	33	31	64	69
Franklin County, .	—	—	—	2	2	4	4
Essex County, . .	7	2	9	22	30	52	61
Suffolk County, . .	63	57	120	193	204	397	517
Worcester County, .	—	—	—	—	2	2	2
Nantucket County, .	3	1	4	5	2	7	11
Worcester Hospital, .	—	—	—	109	109	218	218
Other States, . .	—	—	—	1	5	6	6
Totals, . . .	130	115	245	686	657	1,343	1,588

Forty-nine per cent. of the whole number of admissions this year have been from Suffolk County. Last year, from the same locality, were received forty-eight per cent. of the whole. The admissions from the south-eastern sections of the State have been one hundred and twenty-five against one hundred and nineteen last year, which, in turn, was larger than the number admitted in any preceding year. As usual, a considerable number of applications for admission have been received from parties out of the State, but these, of course, we have been obliged invariably to decline.

TABLE No. 13,

Shows by whom the Inmates of this Hospital have been supported.

	1860.			Previously.			To seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	81	74	155	358	339	697	852
Towns, .	31	20	51	169	140	309	360
Individ'ls,	18	21	39	159	178	337	376
Totals, . .	130	115	245	686	657	1,343	1,588

Of the whole number now in the institution, ninety-six males and ninety-three females are supported by the State, and ninety-four males and seventy-eight females are supported by towns and individuals.

TABLE No. 14,

Shows the Proportion of Committals.

	1860.			Previously.			Total in seven years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	114	90	204	441	385	826	1,030
Committed by Gov'nor,	—	—	—	115	118	233	233
Committed from State Almshouses, . .	—	4	4	7	17	24	28
Boarders, . . .	16	21	37	123	137	260	297
Totals, . .	130	115	245	686	657	1,343	1,588

Your own visits to the hospital have been so frequent, your attention to its great vital interests so constant, and your intercourse with its inmates so intimate, that I need add little to the statistical account, which lays before you the operations of the past year. You cannot, from the large share of the work

which has fallen to your lot, but feel well acquainted with the perplexities, the anxieties, and the disagreeable duties, which devolve upon all connected with insane hospitals.

Nor can you have failed to feel the pleasantness of the occasional reward in the gratitude of those who have shared in their benefits. Among the most grateful of these are the visits of recovered patients. During the past, as in former years, we have been visited by many who look back on their residence here with thankful pleasure, and seek to renew the happy associations formed here. Others too remote or too much engaged in the busy affairs of life, seek by correspondence to maintain their knowledge of its affairs, and to satisfy their feelings of gratitude. The friendships formed in lunatic hospitals are not infrequently lasting for life, and the source of much subsequent happiness. The intimacy is necessarily so complete, the opportunities for doing kind deeds and saying kind words so numerous, and sometimes the condition of the mind so favorable for properly appreciating all that is done in kindness, that not a few retain through life the strongest regard for the friends they have made there.

In the management, especially of the violent and dangerous, your own observation has shown you, that the system inaugurated with the opening of the institution has been persistently carried out. Without adopting the extreme views of those who maintain that no restraint, either mechanical or otherwise, is under any circumstances to be resorted to, a system which the history of all institutions has shown to be fallacious, and the mere exchange of open but unobjectionable means of restraint, for such as is less apparent but in the highest degree dangerous and pernicious, it has been our aim to substitute, as far as possible, the mildest of moral means for the rule of force and fear, which once prevailed. And, when restraint is judged to be for the best good of the patient, to make use of that least likely to injure, even if it be that which can be seen by every one. Notwithstanding the growing fulness of our halls, which by increasing the liability to accidents and collisions, would seem to call for stricter supervision and the more frequent application of restraining means, at least as much freedom has been enjoyed from this coercive treatment, as during any preceding year.

The employment of patients has been, as usual, as fully attended to as the means at our disposal would permit. The work of the sewing department, the laundry, the kitchen, and the various other domestic duties of the household, have been, to a great extent, cheerfully, and, it is believed, with especial benefit to themselves, performed, as heretofore, by the female inmates of the hospital. For the male portion of the house the farm continues to afford almost the only means of occupation. Undoubtedly the best, as far as it goes, for most of the inmates, it is still evidently totally inadequate to furnish all the occupation which is needed. And addition in amount and variety to the means of employing males, continues to be in this, as in all other hospitals in this country, a most decided and noticeable want.

It is believed that at least the average yearly amount of improvement has been made in the grounds of the hospital the past year. The lawn in front of the building has been so far improved by the culture of the past six years, as to present a most attractive and interesting appearance to its inmates, and to strike with agreeable feelings such new comers upon their entrance to the institution, as are capable of appreciating the beauties of nature. The unsightly hill in the rear, having been partially graded, has been so far enriched and cultivated as to remove in a measure its former repulsive aspect. An extensive double row of forest trees was, in accordance with a suggestion from your Board, planted along the entrance of the main avenue, and has flourished most satisfactorily. A large piece of swampy and unsightly woodland has been cleared up, and will soon, it is hoped, contribute a large addition to the annual crops. Great quantities of fine building stone have been removed from the ground, and transported to the bounds of the farm for use in building the substantial wall, which is intended to enclose the hospital grounds. The fields thus cleared of obstructions have been ploughed, and a part of them have already returned us an abundant harvest.

The products of the farm for the year have been such as to far exceed those of any former period, and are beginning to reward us well for the rich dressing and careful cultivation which has been bestowed upon it for the past six years. The farm which, when the hospital was built, was certainly for the

purposes of cultivation under ordinary circumstances totally worthless, now holds out the assured promise of being at no distant day a source of considerable revenue to the institution. The following constitute the principal products for the year :

40 tons hay, at \$20,	\$800 00
1,600 bushels potatoes, at 45 cents,	720 00
12 tons winter squashes, at \$30,	360 00
150 bushels peas, at 75 cents,	112 50
300 " corn, at 75 cents,	225 00
150 " beans, at 75 cents,	112 50
40 cords wood, at \$3.50,	140 00
100 bushels tomatoes, at \$1,	100 00
6 tons summer squashes, at \$20,	120 00
Cucumbers, \$30—fruit, \$30,	60 00
2 tons fodder, at \$10,	20 00
		<hr/>
		\$2,770 00

About thirty thousand quarts of milk were furnished by the cows on the farm for the use of the establishment. During the winter months a large amount of beef fattened on the farm was slaughtered, which, with the pork also raised, was nearly sufficient to supply the hospital with fresh meat from December to April.

The stock now on the farm is of remarkably good quality, and consists of four horses, one colt, six fat cattle, two yoke working oxen, two bulls, thirteen cows, eight heifers, one yoke yearling steers, six calves, thirteen hogs, and one hundred and four pigs. The care of this large family of quadrupeds devolves to a great extent upon a few trusty and well-tried patients, some of whom manifest an extraordinary interest in and attachment for their charge.

The number of persons employed at present in the various departments of duty, is thirty-eight. Some of them have been here long, and have been thoroughly proved and found efficient in the discharge of every trust committed to them. To all, who have devoted themselves with fidelity and earnestness to their duties, justly belongs their share of whatever praise and gratification should follow the success of another year.

To yourselves, I should be wanting alike to my feelings and my duty, did I omit to acknowledge the ever kindly and courteous spirit toward myself and all others connected with the institution, in which you have discharged your responsible duties. To the fact, that there has been perfect coöperation at all times in spirit and in action, and a mutual confidence in all our official intercourse, is our success mainly due. May the all-wise Providence, who directs our course, send us in the future, as in the past, harmonious counsels, a never-slumbering appreciation of our responsibilities, and an ever active determination to perform well and thoroughly the important work allotted to us.

GEO. C. S. CHOATE.



EIGHTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT TAUNTON.

OCTOBER, 1861..

BOSTON:

WILLIAM WHITE, PRINTER TO THE STATE.

1861.

EIGHTH ANNUAL REPORT

OF THE

TRUSTEES OF THE SECOND HOSPITAL FOR INSANE, AT TAUNTON.

To His Excellency the Governor and the Honorable Council :

The Trustees of the State Lunatic Hospital at Taunton, in compliance with the laws of the Commonwealth, respectfully present their Eighth Annual Report.

Since the opening of the institution more than seven years ago, one thousand eight hundred and forty persons have partaken of its benefits. The operations of the hospital during the last as well as former years have been satisfactory and encouraging; besides those who have been restored to health, many have been made comparatively happy and have been enabled to enjoy those comforts of life to which heretofore they had been strangers. The Trustees are happy in the belief that the hospital has a most healthy location, and that every thing is done to secure the good condition of the patients. In this respect they have always been well pleased to observe cleanliness in every department and sweetness and purity of the air in the halls and sleeping rooms; believing that the health and cheerfulness which prevail are attributable (in no small degree) to this cause. The crowded state of the halls referred to in our last Report continues to be felt to even a greater extent than heretofore.

The provision for the out of door exercise for the patients is abundant. By the blessing of God, the institution has been protected and preserved from prevailing epidemics and diseases

through another year, and the present condition of the hospital and its inmates is most satisfactory.

Our intercourse with the Superintendent, Dr. Choate, has uniformly been pleasant and agreeable. His zeal and devotion to the welfare of all those committed to his care (with his great attainments,) renders him worthy the high position he so honorably fills in this institution, and gives great satisfaction to the Trustees.

During the present year the institution has lost, by resignation, the services of Dr. Holman, who performed the duties of Assistant-Physician, and the vacancy thus created has been filled by the appointment of Dr. Nomus Paige.

As in former years, religious services have been held in the chapel every Sabbath, which are conducted by the clergymen of Taunton. The evening services during the week consists in reading from the Bible, singing, &c., which are conducted by Dr. Choate.

The Trustees continue the practice of making weekly visits to the hospital, by sub-committees, and monthly, by the whole Board.

Besides the labor necessarily expended upon crops, and ornamenting the grounds, there has been much work done in making permanent improvements on the farm. In the belief that a substantial stone wall would be a desirable addition to the grounds, both in the way of usefulness and ornament, the Trustees directed the building of the one referred to in the last Report to be continued as rapidly as convenience would allow. Abundance of material continues to be found on the premises, and the Trustees believe that there will be no lack until the whole work is completed.

Much of the low land of the farm which is likely in a few years to prove its most productive part, has been drained, at a moderate expense, the past year.

The caloric engines and pumps, of which there are two of each, were completed early in the year, to the satisfaction of the Trustees. They are capable of throwing to the large tanks in the attic an abundant supply of water for the use of the hospital. The engines and pumps are placed in a neat, but small and substantial brick building, which has been erected at a moderate expense for that purpose.

The rare combination of professional and business ability, evinced by our worthy Superintendent, presents a pleasing assurance to the Trustees that the administration of the affairs of the hospital have been conducted with diligence and faithfulness to the trust.

The expenditures of the institution have been most carefully guarded, as will be seen by the Treasurer's report accompanying this. For a more detailed account of admissions, discharges, and much other information, we refer to the Superintendent's report, herewith submitted.

We present the inventory of stock and supplies on hand September 30, 1861.

Live stock on the farm,	\$5,113 00
Produce of the farm on hand,	1,860 00
Carriages and agricultural implements,	926 25
Machinery and mechanical fixtures,	19,391 12
Beds and bedding in inmates' department,	6,356 62
Other furniture in " "	6,634 18
Personal property of the State in Superintendent's department,	1,110 54
Ready made clothing,	245 11
Dry goods,	242 06
Provisions and groceries,	812 24
Drugs and medicines,	124 16
Fuel,	755 00
Library,	255 00
	<hr/>
	\$43,825 28

A list of the persons employed in the Lunatic Hospital, Taunton, with their compensation, September 30, 1861, is here presented.

Superintendent and Physician,	(per year,) \$1,800 00
Assistant-Physician,	" 500 00
Treasurer,	" 300 00
Clerk,	" 500 00
Housekeeper,	" 225 00
Supervisor, male,	" 400 00
" female,	" 275 00
Seamstress,	" 175 00

Assistant-Seamstress, . . .	(per month,)	\$14 00
Engineer, . . .	"	40 00
Baker, . . .	"	25 00
Coachman, . . .	"	18 00
Laborers on farm, 3, . . .	"	15 00
Attendants, male, 9, . . .	"	20 00
" female, 9, . . .	"	14 00
Cook, . . .	(per week,)	2 50
Assistant-Cooks, 2, . . .	"	2 00
Laundress, . . .	"	3 00
Assistant-Laundresses, 2, . . .	"	2 00
House attendants, 2, . . .	"	2 00
" attendant, 1, . . .	"	1 00

M. R. RANDALL,
 CHARLES EDW'D COOK,
 JOHN M. KINNEY,
 CHARLES R. ATWOOD,
 GEORGE HOWLAND, JR.,

Trustees.

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer for the year ending September 30, 1861, is respectfully submitted to the Board of Trustees:

RECEIPTS.

Balance in Treasurer's hands September 30, 1860,	\$577 77
Received from the State Treasurer for support of patients,	25,000 00
Received from towns for support of patients,	16,844 43
individuals for support of patients,	7,617 18
sale of sundries,	109 50
	<u>\$50,148 88</u>

PAYMENTS.

Paid on account of supplies,	\$19,589 56
fuel and lights,	6,336 00
labor,	9,532 86
farm,	2,322 24
furnishing,	7,615 77
construction and repairs,	4,731 33
Balance in Treasurer's hands September 30, 1861,	21 12
	<u>\$50,148 88</u>

GEO. C. S. CHOATE.

The accounts of the Treasurer, together with the vouchers, have been examined, and found to be correct.

M. R. RANDALL,
CHARLES EDW. COOK,
Auditing Committee.

STATE LUNATIC HOSPITAL, Taunton, }
October 10, 1861. }

SUPERINTENDENT'S REPORT.

To the Trustees of the State Lunatic Hospital at Taunton :

GENTLEMEN,—The eighth year of the institution under your charge has drawn to a close, and with its termination has come the annually-returning duty of presenting to you in detail a statement of its operations, and a brief review of its present condition, its prospects and its needs.

In the short space of time, which has elapsed since first its doors were opened for the relief of an unfortunate class of our fellow-citizens, eighteen hundred and forty persons have entered its friendly walls, and found there, a safe refuge for all, and for many a healing virtue, and a cure for their unhappy affliction. Of this large number, four hundred and eleven still remain the recipients of its care and kind guardianship, thus rendering it the dispenser of blessings far more richly spread than was anticipated by its founders. That it is able to be the instrument of good in so much broader a field, than was designed in its erection and provision, without seriously interfering with its grand objects of cure and safe custody, should indeed be a source of joyful congratulation.

The past eight years have made almost an entire change in its officers, in its patients, and in its general aspects. But one of its original Trustees, continues to devote his time and valuable services to its varied interests; but two of its employees have from the commencement been attached to its service; but thirty-three of its inmates have been the continuous recipients of its bounty.

In its external and internal appearance, in its conveniences, its comforts, and its means of doing good, it is scarcely less changed, and we cannot doubt, that the change is altogether for

good. That it has kept pace at least with all the improvements, with which the present age has been prolific, in the treatment of the insane, we confidently claim. For this the judgment of an appreciating public, which has filled to overflowing its halls, crowded with such as are seeking relief from their sore affliction, is the surest guaranty. That it has been thus far able to answer in its increasing provisions all the demands of those, who can rightfully claim its benefits, is the best assurance we can have, that it is fulfilling in the widest sense the expectations of its beneficent founders.

Two dangers, different in character, but both to be dreaded, attend the filling up of an institution of this character far beyond its original intention and design. The first is danger of accidents and casualties among its inmates. The second is the tendency to gradually deteriorate into a mere receptacle for the safe-keeping of its inmates. The first is to be combated by renewed vigilance, increased devotion of care and attention, and a more rigid adherence to rule and discipline. That it has been thus met in this institution, our entire immunity from any unpleasant accidents of a serious character, while caring for seventy per cent. more patients than our accommodations were designed for, is sufficient evidence.

That some under these circumstances should be less conveniently situated has been unavoidable; that the classification socially as well as mentally should be less complete, has been a necessary consequence; that more frequent collisions should take place between excited patients, has followed as a matter of course; but under the blessing of an overruling Providence no serious consequence has resulted to any one, and no one has been deprived of the means best calculated to restore health of body and mind. The same means made use of to avert the first danger, will if aided by your own increased oversight and care, tend in a great degree to remove the second also.

The increasing number of recoveries, larger the past year than ever before, will suffice to show, that the increase of numbers has not lessened the advantages to each, and that the healing and restoring efficacy of hospital treatment has not been impaired. To your own unremitting attention to its welfare, and to your wise and careful counsel must be chiefly attributed our ability to sustain the institution at its proper standard

under the adverse influence of the pressure, which is made upon it.

In my last annual report to your Board I considered at some length, what ought to be the utmost capacity of the institution, and by what means its numbers could best be kept within its means of caring for them. The views then stated, that four hundred ought to be the largest number ever contained within its walls, and that, after that number is reached, no new patients ought to be received, except such as are sent by order of court, I have seen no reason to modify, and I would again most respectfully urge them upon your attentive consideration. The immunity, which we have enjoyed in the past from all the unpleasant consequences of over-crowding ought not to make us too confident of the future, and, as it is confessedly an evil and attended with dangers, prudence and a wise foresight should counsel us to avoid it, if in our power.

In view of the great and increasing pressure upon the State lunatic hospitals, the question arises, not devoid of interest, nor inappropriate to the present report, whether a class of patients are not sent to the hospital, who neither are likely to receive benefit from its medical treatment, nor are of such a character, as to need its restraining influence and custodial care. A careful consideration of this matter has led me to the conclusion, that the cases are extremely rare, in which patients are unnecessarily or improperly or unwisely committed to the hospital.

Occasionally a stray vagrant, who is destitute of friends, and perhaps, from want of knowledge of the language, is unable to make known his wants and feelings and condition, is sent to a lunatic asylum, when he might with equal benefit to himself, and with economy to the community and advantage to the hospitals be committed to some receptacle for the poor. But with persons having friends and a home, whether rich or poor, there is greater danger of their being retained at home so long, that medical treatment will have no avail, than there is, that they will be brought before a necessity actually exists.

So on the other hand there is greater danger, that patients will be removed too soon from hospital care, before convalescence is fairly established, or even before the dangerous character of the malady has subsided, than there is, that any will be kept after their own good demands, or the absence of danger would

permit their discharge. To neither of these can we therefore can we look for the occasion of the increasing fulness of this and other hospitals, nor do any possible reforms in this direction promise an abatement of the evil.

The inculcation of wise counsels among the people as to modes of living, the diffusion of more correct views as to the causes of insanity, and the rules to be thence deduced as to the best means of avoiding it, can alone be relied upon to diminish this widespread and growing evil. In the proper place it will be shown in this as in former reports, how large a proportion of the whole number of cases admitted have been brought upon the sufferers by causes over which they had entire control; how many are due to foolish and unsatisfactory and criminal indulgences; how many to habits of life in some respects praiseworthy, but in their relation to the physical and mental health to be condemned and avoided; in short how great a diminution might be brought about in the number afflicted with this scourge, were only the true rules of life and health fully understood and obeyed throughout the community.

At the present time especially, when new and powerful sources of mental excitement are being presented to the minds of our fellow-citizens, and when the deprivations and disturbances and anxieties of war are adding new causes of mental derangement before unfelt in our midst, does it become us to endeavor by every means in our power to urge an obedience to those laws of nature, which are seldom violated without the exaction of nature's penalty. That there is something wrong in the system of education of the present day, in the luxurious modes of living, in the eagerness with which exciting scenes and thoughts are sought, and in the hazardous and venturesome method of conducting most forms of trade and business, is not a mere matter of speculative remark or curious inquiry, but is a fact fraught with momentous consequences to the moral and mental health of the community. The premature and over-strained employment of the mental powers on the one hand, and the neglect on the other of moral discipline, and of that education which inculcates proper principles of feeling and action, and teaches the restraint and command of temper, emotions and moral affections, are undoubtedly among the most deeply laid foundations of insanity. And upon these are too often raised the

structure of hereditary disease by unbridled indulgence of the passions, or by plunge into some of the fashionable excitements of society, or by an entrance upon some speculative and risky method of business, with its necessary attendants of alternate excitement and depression, of elated expectations and painful anxieties, of intoxicating hopes and depressing fears, of glowing anticipations and chilling disappointments. To a reformed and more enlightened system of education, to greater simplicity of living, and a more strict obedience to the moral law, and to a more safe and rational and limited method of business, must we look for aid in diminishing the pressure upon the halls of our lunatic asylums.

In the progress and termination of the individual cases committed to its care during the year past, the hospital has enjoyed at least an average share of good fortune, as will appear to you from a perusal of the tables of statistics. Insanity is a disease, which, like all other diseases, must terminate in recovery or death. To hasten and facilitate the former, and to avert the latter, is the grand design of hospital treatment, and the amount of success, which attends our efforts, is very generally looked upon by the community as the measure of the success of an institution. That in one sense it is so is most true, and yet so many circumstances, which are beyond our control, have power to modify the result, that great caution should be exercised in drawing conclusions favorable or otherwise to particular institutions. The form of disease, its cause, its previous duration, the age, sex, physical constitution, and previous and present habits of the individual all operate powerfully upon its probable termination. It is a well known fact, that the inhabitants of large cities afford a smaller proportion of cures than those residing in the country; that previous habits of intemperance and dissipation, by breaking down the constitution, diminish the hopes of effecting a cure; and that in this country disease occurring in those who have emigrated from foreign lands to our shores, is more likely to be beyond the reach of remedial treatment.

Each of these causes operates largely in the institution under your supervision. Nearly one-half of its inmates are received from the metropolis of New England. Many of these are broken down by long courses of vice and debauchery and in-

temperance, and nearly one-half of the number admitted the past year are aliens from that isle which for half a century has poured over our land successive tides of population and labor. Under these adverse circumstances, and with our halls crowded to the excess previously mentioned, the results of the year may well be a source, not of exultation, or pride, or self-satisfaction, but of profound gratitude to the Great Disposer of human events, without whose favoring smiles all human efforts are vain.

The following table exhibits the number of recoveries, and their ratio to the whole number, and to the number of admissions in each year since the opening of the hospital. If we leave out the first year, the results of which were most unfavorably modified by the character of the patients received from another institution, the table will compare not unfavorably with the success obtained at the best hospitals in America and Europe:—

	Whole No.	No. admitted.	Cures.	Ratio of cures to whole No.	Ratio of cures to admissions.
1854, . . .	210	330	36	17.14	10.91
1855, . . .	251	167	70	27.88	41.91
1856, . . .	280	185	62	22.14	33.51
1857, . . .	312	207	82	26.28	39.61
1858, . . .	328	223	84	25.61	37.67
1859, . . .	335	231	98	29.25	42.42
1860, . . .	365	245	101	27.67	41.23
1861, . . .	385	252	119	30.91	47.22

Thus six hundred and fifty-two, or thirty-six per cent. of all admitted have found the relief, which they or their friends sought, and have been restored to life and its enjoyments, to usefulness and good works. Leaving out of the estimate the first year's results, which were unfavorably influenced, as above stated, forty per cent. of the whole number admitted have been restored. But even this does not give the full number of recoveries, as many yet remain in the house who are susceptible of

cure, and who are daily regaining that composure and self-command, which, when fully acquired, will enable them to return to the active duties of life.

To bring about such a beneficent result, what expense of construction and maintenance can be considered too great? To take advantage of so fair an opportunity of benefit, what sacrifices of feeling on the part of friends ought to be esteemed too severe? What privations of home, of family, of liberty, should be looked upon as too bitter to be compensated by so strong a probability of relief? In this single intent (it may be its most important) of the modern Hospital for the Insane, how well does it repay the benevolent designs of its founders, and the liberality of its supporters! But great as is the work which it performs in the cure of such as are susceptible of relief, this is not its whole duty. Few, very few of those who enter its gates to become its tenants for life of its halls, fail to derive an increase of comfort, an amelioration of condition, a humanizing of their diseased nature, and an improvement in their habits, from its treatment and its discipline. Dangers to themselves and their families and neighbors are averted, annoyances and mischief and exposures are prevented, property and temper and reputation are preserved, neglect and abuses and confinement with worse than prison severity give place to kind and judicious care, and the largest amount of liberty consistent with safety, and thus the hospital influences for good stand complete.

It may not be out of place to notice here, what seems to be a very prevalent, but an erroneous and most unjust idea, that all persons, who have once been insane, are to be looked upon with some suspicion, and are not to be entrusted with responsible positions. This opinion, most injurious and humiliating to such as have been residents in hospitals, often leading them to conceal carefully the fact, ought not to prevail. A large proportion of all the cures which are effected, are not only complete, but permanent, and the individual becomes again as well fitted for the active business of life as he would be after going successfully through any other physical disease.

The truth is, that the idea does not seem sufficiently impressed upon the minds of all, that insanity is entirely and purely a disease, susceptible of treatment like all other diseases,

and like them being neither an occasion for reproach nor for a withdrawal of esteem and confidence. Upon this idea the hospital of modern times is founded. The former system of chains, and cells, and the lash, had entirely different foundations, and the ideas connected with it are not yet so entirely eradicated from the public mind as to secure for the unfortunate insane that full measure of sympathy and favor which their misfortune emphatically demands. The manifestations of this peculiar disease may be and often are unpleasant. They may and often do simulate a moral perversity, which we have generally looked upon as under the control of each individual. They may be attended by what at first sight would appear to be rather a disturbance of temper and an indulgence in the malignant and vicious tendencies of our nature, but yet we should never for a moment forget, that these phenomena are as purely and entirely symptoms and effects of disease, as are the delirium of fever, or the eruptions of cutaneous disease, or the cough of phthisis. And as such they fairly entitle the sufferer not only to the largest indulgence, but to our heartiest and most active sympathy while they continue, and to a ready renewal of our confidence and friendly intercourse after they are removed.

During the year which has passed, the continued increase in our numbers has called for a steady addition to our means of providing for them. No necessary expense of this kind has been avoided, and it is believed that the additional number has been provided with comforts in all possible respects equal to those enjoyed by those previously here. No effort has been spared to keep the appliances of hospital treatment, the air of comfort in the halls, and the means of recreation and employment fully up to the standard of former years. Many new articles of furniture have been added, particularly to the apartments of such as are able to appreciate the luxury, and it is believed that the halls and rooms devoted to this class have been made decidedly more agreeable and comfortable and inviting than ever before. They are large, airy, well lighted and ventilated, and warmed in winter, and are certainly provided in all respects with all the modern conveniences and comforts of life. Ample reading matter has been furnished to all the inmates who desired it, from the library, which has been

considerably increased during the year by the addition of modern publications, and by the free daily distribution of newspapers.

The little community here have shared with that outside its walls in the excitements incident to the eventful year, which is upon us. That excitement has been with us in the main a healthy one, arousing some from a torpid state of indifference or melancholy, and calling off the thoughts of others from the unhealthy channels where they were wont to roam.

The usual recreations of riding, walking, bowling, billiards, social parties, pic-nics, and games and evening entertainments, have been followed up with at least as much zeal as in former years. A singing school has been kept through eight months of the year, with very excellent effect, both as a means of amusement and as a healing agent.

The religious services have not been neglected. The evening service, conducted as usual by the Superintendent, has been constantly and largely attended by an interested and quiet audience. The services on the Sabbath have been conducted as in previous years by the several clergymen of the town, officiating in rotation, and have afforded a most acceptable and grateful ceremony to the minds of both sane and insane.

During the last winter much apprehension was felt lest the steam apparatus, which has so effectually warmed the institution since its opening, might have so far rusted out as to need an entire renovation or change, and to guard against an entire failure at some inopportune time, three furnaces, which had previously been used in the establishment, were by your direction re-set under the wings. Fortunately no occasion arose for their use. After a thorough examination of the whole apparatus in the spring, it was found that by a moderate outlay it could be put in such a condition as with reasonable certainty to prove sufficient for our necessities for two years to come, and accordingly such repairs have during the warm weather been made upon its various parts, as to put it in good running order in all respects.

Our excellent system of ventilation has continued to operate satisfactorily, and has needed neither change nor repairs since it was first introduced. With a reasonable number of patients in the house, and with some alterations in our water-closets,

the original construction of which was very defective, there can be no doubt that it would render the air pure throughout the hospital.

The new caloric engines with pumps attached, noticed in the last report as being in the process of preparation, were finally, after much delay, completed to the satisfaction of your Board, and have continued to furnish us with an abundant supply of water at a very small daily cost.

A change has been made in the water-closets of one wing, by the introduction of the downward draft and a separate cess-pool, which promises to be so satisfactory in its operation as to induce us to adopt the same plan with all the others.

The grounds around the house continue to be rendered more and more attractive and pleasing to the eyes of the inmates, and will soon afford them, at all times, a most agreeable and grateful prospect.

With regard to the medical, moral, and physical treatment of the insane, little can be added to what has been said in former reports. Mildness, kindness, and the abolition of all unnecessary restraint, continue to be the ruling principles. No mechanical restraint of any description is used except the camisole, which, very rarely in males, and not frequently in females, is made use of to secure from suicide, to prevent denuding of the person, and to protect the patient herself and those about her from injury.

The financial condition of the hospital continues about as good as at the period of making the last annual report. The great increase of patients, the diminution in the prices of provisions of all kinds, and the increasing productiveness of the farm, would naturally tend to render its management more economical, and to diminish the expense of each person. As, however, we have not yet begun to receive the advantage of increased numbers in increased receipts, while being obliged to provide for largely increased necessities, the treasury is actually less full than at the rendering of the last report. The situation of public affairs, also, has made some of the payments to the hospital more tardy than usual, and the present amount of back board due the institution is somewhat larger than common.

Although the plan of the strictest economy consistent with the welfare of the hospital, which was inaugurated eight years

ago, has been persistently carried out the past year, yet it is believed that no expense has been spared which seemed likely to increase the well-being of the patients. The diet, of which a table was presented with the last annual report, has been rather improved the past year. The grand staples of bread and meat have been uniformly of the very best description, as your own careful and frequent examinations must have satisfied you. Vegetables, raised mostly on the farm, have each, in their own season, been plentiful in quantity and most excellent in quality. Winter and summer fruits have been supplied in such abundance as was consistent with the health and best good of the inmates. Clothing and bedding, and the various articles of household use and convenience, have been renewed and added in such quantities as the varying exigencies of the establishment demanded.

The various parts of the building, the fences and out-buildings have been kept well-painted and in good repair, and such slight changes and improvements have been made as the good of the house seemed to require.

The expenditure upon the machinery and mechanical fixtures the past year has been large, but it was believed to be absolutely necessary to both safety and comfort, and was undoubtedly laid out with economy and good judgment. The large amount paid for the new pumps and engines, will, it is confidently expected, be saved in the short space of four years, from the great diminution in the amount of fuel required.

The amount expended upon the farm and grounds has also been much larger than usual, but it has been spent in such a way, that we have good reason to expect it to bring back to us rich returns at no distant day.

The number of persons employed has been necessarily somewhat increased, but not in proportion to the increase of those to be cared for. The duties of each officer and attendant, and especially their cares, are, as a matter of course, somewhat greater than in former years. A liberal compensation is made to all employed, and from each is exacted a full amount of daily labor. It is believed, that the number of persons employed is kept strictly within that absolutely required for the proper carrying out of the designs of the institution, while it is sufficiently large to insure that no department shall be slighted.

Having now presented to you, according to annual custom, a brief statement of the condition of the hospital, viewed in the four lights of its numbers and capacity, its curative success, its provision with the best means of carrying out its designs, and its financial position, I proceed to lay before you in the tabular form a detailed statement of the operations of the year. Whether we look at the former or the latter, we cannot avoid the conclusion that the past year has been a successful one to a gratifying degree. That we have been able to perform, with safety and success, an increased amount of good work, that we have been spared the ravages of contagious and malignant disease, and particularly that we have not had to lament the occurrence of any of those painful accidents, which cannot be altogether and invariably avoided in asylums of this character, should awaken in our hearts the profoundest sense of gratitude to Him who has held us in the hollow of His hand. Your own constant, devoted and judicious services, given with a single eye to the good of the institution, have fortunately been able to supply any deficiencies on my part, and have insured the entire success of your charge.

The officers and attendants generally have exhibited, in a commendable degree, those qualities of industry, vigilance, kindness, and firmness, which are so indispensably necessary to those connected with the insane. The office of every person attached to a hospital like this, no matter how humble that office may be, is one of considerable responsibility. Each one can influence, in some degree, the course of disease in certain of his fellow-beings, either for good or for evil; each one can contribute a certain amount to the comfort or the misery of the distressed and afflicted. It has been the invariable rule at this institution to employ only such as were ready and willing to devote themselves to the best good of those in charge. Complete command of temper at all times has been deemed indispensable, and any loss of it, resulting in personal abuse of any kind, has been invariably met by a summary severing of the connection with the institution. I should be wanting alike to my feelings and my duty, did I omit to acknowledge with thanks the efforts of many of the convalescent patients to maintain the good order of the institution, to aid in administering comfort to the helpless, and to assist in the domestic work of the house-

hold. A large part of the duties of the kitchen, the laundry, and the sewing department, has as usual been most satisfactorily performed by the female patients, while the men have contributed largely to the labor of the farm, the care of the stock, the improvement of the grounds, and the repairs and painting of the buildings and fences. Two most excellent ends have by this means been subserved: First, the improvement of the individuals performing the services, and secondly, the diminution of the expenses of the establishment. And to their credit it should be said, that the deficiency has been not in men and women to assist in the work we had to do, but in the amount of employment we were able to find for them.

During the past, as in previous years, we have had many visits, most agreeable and grateful in their character, from recovered patients; and it may be mentioned as a fact worthy of record, that in three instances former patients, came voluntarily and delivered themselves up, feeling within themselves the necessity of a renewal of hospital treatment and hospital care.

Although the deprivation of liberty to a certain extent must always, especially to the convalescent, be somewhat irksome and tedious, yet the instances are very rare where patients who have been discharged recovered, do not ever after cherish a grateful sense of obligation to the hospital, and keep up a lively feeling of interest in its welfare. In repeated instances in the past as in previous years, patients whose convalescence was fully established, but who had no strong ties of family, or home, or business, to call them away, have expressed a reluctance to leave its friendly shelter.

The following tables, similar to those of former years, are intended to present a full detail of the operations of the year, and to embody all important facts from the records.

TABLE No. 1.

	Males.	Females.	Total.
Number of Patients remaining September 30, 1860, . . .	190	171	361
Number of Patients admitted since September 30, 1860, . . .	131	121	252
Number of Patients under treat- ment during the year, . . .	321	292	613
Number of Patients discharged during the year, . . .	81	66	147
Number of Patients died during the year, . . .	27	25	52
Number of Patients eloped during the year, . . .	3— 111	0— 91	3— 202
Number of Patients remaining September 30, 1861, . . .	210	201	411

The number of admissions has, as usual, exceeded that of any former year. During the past year they have averaged a little more than twenty-one per month. The greatest number at any one time in the house has been four hundred and twenty. The average number of patients during the year has been three hundred and eighty-six. The increase from the beginning to the close of the year has been fifty-one. The admissions during each month have been as follows :

Admitted in Oct., 22;	In Dec., 25;	In March, 15;	In June, 29.
Nov., 20;	Jan., 14;	April, 24;	July, 22.
Sept., 23;	Feb., 19;	May, 20;	Aug., 19.
In Autumn, 65;	In Winter, 58;	In Spring, 59;	In Summer, 70.

As usual, the summer months have brought us the largest additions, and winter the smallest.

The number of discharges has also been larger than ever before, except during the two years, when considerable numbers were transferred to other State institutions. The discharges during each month have been as follows :

Discharged in Oct., 24;	In Dec., 9;	In March, 14;	In June, 14.
Nov., 5;	Jan., 7;	April, 17;	July, 5.
Sept., 15;	Feb., 11;	May, 13;	Aug., 13.
In Autumn, 44;	In Winter, 27;	In Spring, 44;	In Summer, 32.

The number of deaths during the year have been fifty-two, and they have occurred as follows:

Died in Oct., 2;	In Dec., 3;	In March, 7;	In June, 5.
Nov., 6;	Jan., 5;	April, 3;	July, 3.
Sept., 5;	Feb., 4;	May, 5;	Aug., 4.
In Autumn, 13;	In Winter, 12;	In Spring, 15;	In Summer, 12.

Three cases of elopement have occurred during the year, all of males. Two of them were hopeless and harmless cases, who were employed in working upon the farm, and for a long time had been allowed a considerable amount of liberty, without evincing any desire to escape. Where so many are employed in the open air, as have been the past year in the various operations of farming and the improvement of the grounds, an occasional escape is unavoidable.

Yet this necessary evil is far outweighed by the good results which are derived from the exercise and the labor. Of course none are ever employed in this manner but such as are harmless both to themselves and others. The third eloper was an old State prison and house of correction convict, who, within one week after his admission, exercised the ingenuity which he had acquired in penal institutions, in effecting his escape by breaking out. He has since been convicted of burglary, and sentenced for a term of years to the State prison.

TABLE No. 2,

Shows the Condition of those Discharged.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	68	51	119	292	241	533	652
Improved, . . .	4	7	11	61	73	134	145
Unimproved, . . .	9	8	17	122	154	276	293
Totals, . . .	81	66	147	475	468	943	1,090

The recoveries have amounted this year to eighty per cent. of the whole number of discharges, a ratio decidedly larger than that obtained in any previous year.

The number who have either been cured or decidedly improved during the past year, amounts to eighty-eight per cent. of the whole number discharged.

Of the seventeen who were discharged unimproved, eight only were removed by their friends; and of this number two were removed, with the consent of your Board, in such a precarious state of physical health as to make it desirable that the short remnant of their lives should be spent in the midst of their families, and two were transferred to another institution, where, in consequence of its greater accessibility, they might be more frequently visited by their friends, leaving four only to be accounted for by the misguided desires and judgments of relatives and friends. Four were removed by the Overseers of the Poor, four at request of the Alien Commissioners, and one was discharged by the Judge of Probate. The small number which in this, as well as in the previous year, were removed by the Overseers of the Poor, to be placed in their town almshouses, speaks volumes in praise of the liberality of most of the towns towards this unfortunate class of fellow-beings. All those discharged unimproved by your Board were of course harmless, and not susceptible of material improvement by medical treatment.

Of the eleven discharged in an improved condition, seven were removed by their friends, three by the Alien Commissioners, and one was discharged by the Judge of Probate. Five of the seven removed by their friends, were taken away by the advice of the Superintendent, as having become entirely harmless, and in such a condition, that they might for a time at least, enjoy the comforts and blessings of home, and in some instances even contribute in some degree to the support of themselves and their families.

Of the two hundred and eleven patients originally sent us from Worcester, there now remain with us but thirty-three persons—twenty males and thirteen females, all of course in hopeless stages of incurable disease. Twenty-six males and thirty-five females of this number have died. Forty-one males and forty females have been discharged unimproved. Five males and four females have been discharged improved. And twenty-three only—ten males and thirteen females, have recovered.

TABLE No. 3,

Shows the Character of Insanity in those Admitted.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	74	80	154	413	392	805	959
Melancholia, . .	19	10	29	86	102	188	217
Monomania, . .	—	—	—	75	68	143	143
Dementia, . . .	38	31	69	242	210	452	521
Totals, . . .	131	121	252	816	772	1,588	1,840

As usual, although no cases have occurred, which, after a careful analysis, could be strictly classed under the head of monomania, many have been admitted in which some single delusion was so predominant, as at the first glance to appear to constitute the disease. The melancholic maniac, all whose ideas of the present and the future, both of his own condition and prospects, and of those around him, are sombre and fearful far beyond the imagination of the sane; the joyful maniac, whose disease gilds with the hue of hope and splendor all his thoughts of the present and all his anticipations of the future; the suspicious maniac, who looks upon the acts of all around him with distrust, and whose mind is constantly agitated by thoughts of poison and dark intrigues; the victim of confusion of ideas, to whom all things appear unintelligible and indistinct; the demented, indifferent to all except the wants of animal life, have all as usual sent their representatives to our halls.

No cases have occurred of such marked peculiarity as to deserve especial mention. No homicides have been admitted during the year, nor have any convicts been received from the State prison.

The following table will exhibit the character of the diseases in those discharged recovered and improved during the past year:

	Mania.	Melancholia.	Monomania.	Dementia.
Recovered,	97	21	1	—
Improved,	3	2	1	5

TABLE No. 4,
Shows the Duration of Disease before Admission.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 mos., .	78	61	139	361	319	680	819
Between 3 and 6 mos.,	9	16	25	87	94	181	206
6 and 12 mos.,	12	11	23	69	64	133	156
1 and 2 yrs.,	14	9	23	78	74	152	175
2 and 3 yrs.,	9	5	14	52	46	98	112
3 and 4 yrs.,	2	4	6	28	30	58	64
4 and 5 yrs.,	1	1	2	31	27	58	60
5 and 10 yrs.,	2	10	12	54	73	127	139
10 and 20 yrs.,	2	3	5	42	33	75	80
Over 20 years, . .	2	1	3	14	12	26	29
Totals, . . .	131	121	252	816	772	1,588	1,840

Sixty-five cases, or a little more than one-quarter of the whole number, had been insane more than one year before admission. It cannot be too often stated to the public, and at the risk of a repetition of what has been said in former reports, I would again urge upon the notice of all, that in these cases, as a general rule, the time for active treatment of the disease has gone by, the golden opportunity has been neglected, and the unfortunate victims are doomed either to an early death or to a protracted period of mental darkness. The greater part of these sixty-five cases might have been brought early under the

influence of judicious treatment; most of them have been retained at home through the fond but mistaken anxieties and fears of their friends, until they either became dangerous, or until the long tried patience of all around them had become exhausted. It should never be forgotten, that in the usual course of disease, a large majority of these cases, if sent to the hospital during the first three months after the accession of disease, would have recovered. If the case were fairly and fully presented to each person, how few would be found, who would not shrink from the terrible responsibility of so momentous a decision.

The following table, similar to that given in last year's report, shows the duration of disease before admission in those discharged recovered during the last three years.

	1861.			Previous two years.			Total in three years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	56	32	88	91	67	158	246
Between 3 and 6 mos.,	5	9	14	7	5	12	26
6 and 12 mos.,	3	5	8	6	8	14	22
1 and 2 years,	2	2	4	6	4	10	14
2 and 3 years,	1	2	3	2	1	3	6
Over 3 years, . . .	1	1	2	1	1	2	4
Totals, . . .	68	51	119	113	86	199	318

Seventy-nine per cent. of all the recoveries, which have taken place during the past three years, have been in cases which have been less than three months insane before admission, eight per cent. in cases which have been between three and six months insane, and seven per cent. in cases which have been between six and twelve months insane;—making an aggregate of ninety-four per cent. of all the recoveries occurring in cases which have been of less duration than one year before admission. Four cases only, being but little more than one per cent., had been of longer duration than three years. Could any lesson be more plain than that which is inculcated by such a statement of facts?

TABLE No. 5,
Shows the Causes of Death in those Deceased.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . .	5	7	12	32	53	85	97
Dysentery, . . .	—	—	—	8	5	13	13
Maniacal Exhaustion,	7	—	7	15	15	30	37
Fever, . . .	—	1	1	3	5	8	9
Apoplexy, . . .	3	1	4	9	5	14	18
Old Age, . . .	—	1	1	1	1	2	3
Gangrene, . . .	—	1	1	1	1	2	3
Anemia, . . .	—	3	3	2	4	6	9
Disease of Liver, .	—	1	1	2	1	3	4
Erysipelas, . . .	1	—	1	1	2	3	4
Epilepsy, . . .	1	—	1	4	1	5	6
Paralysis, . . .	1	2	3	9	4	13	16
Softening of Brain, .	3	—	3	22	4	26	29
Disease of Heart, .	1	1	2	1	3	4	6
Marasmus, . . .	3	2	5	7	7	14	19
Diarrhœa, . . .	1	1	2	12	8	20	22
Peritonitis, . . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Inanition, . . .	—	—	—	1	1	2	2
Cancer, . . .	—	—	—	—	1	1	1
Scrofula, . . .	—	—	—	—	1	1	1
Chronic Mania, . .	1	3	4	7	8	15	19
Suicide, . . .	—	—	—	1	3	4	4
Hemoptysis, . . .	—	—	—	1	—	1	1
Pneumonia, . . .	—	1	1	—	—	—	1
Totals, . . .	27	25	52	141	133	274	326

Thirty-seven of the fifty-two deaths the past year, or about seventy per cent., have been from chronic diseases, which had long been undermining the system, and the foundations of which had been laid long before the admission of the patient to the hospital. Phthisis, chronic diarrhœa, the various forms of disease induced in the course of organic change in the brain, and those dependent upon the exhaustion of dissipation and intemperance have led to the fatal result in most of these cases. No cases of suicide have occurred during the year, although thirty-one persons have been received in whom this tendency was active, as had been manifested by attempts upon their own lives before their admission. The exemption hitherto enjoyed from all diseases of a malignant or contagious character, and from all such as are supposed to be due to the influences of unhealthy location and vitiated atmosphere, has been not less marked during the year which has just gone by.

TABLE No. 6,
Shows the Ages of Patients Admitted.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.,	—	—	—	1	—	1	1
10 and 15 yrs.,	—	—	—	6	5	11	11
15 and 20 yrs.,	6	9	15	52	46	98	113
20 and 25 yrs.,	13	17	30	80	117	197	227
25 and 30 yrs.,	21	24	45	131	123	254	299
30 and 35 yrs.,	18	20	38	114	110	224	262
35 and 40 yrs.,	19	14	33	109	110	219	252
40 and 45 yrs.,	17	14	31	98	75	173	204
45 and 50 yrs.,	10	10	20	86	56	142	162
50 and 55 yrs.,	14	4	15	40	48	88	103
55 and 60 yrs.,	4	6	10	48	22	70	80
60 and 65 yrs.,	7	1	8	17	24	41	49
65 and 70 yrs.,	1	—	1	13	17	30	31
70 and 75 yrs.,	1	—	1	8	7	15	16
75 and 80 yrs.,	2	1	3	10	5	15	18
80 and 85 yrs.,	1	1	2	3	7	10	12
Totals, . . .	131	121	252	816	772	1,588	1,840

This table possesses a certain amount of interest, but without the additional data of the whole number of persons in the com-

munity of each age, and also the length of time which each had been insane before admission, cannot be taken as a reliable estimate of the liability to insanity at different periods of life.

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers, 142	Barbers, 7
Laborers, 207	Teachers, 6
Seamen, 99	Coopers, 6
Shoemakers, 68	Cigar-makers, 6
Operatives in mills, 49	Gardeners, 6
Traders, 42	Soldiers, 6
Carpenters, 40	Students, 5
Clerks, 26	Stage-drivers and Teamsters, . 5
At school, 17	Butchers, 5
Sea-captains, 16	Physicians, 5
Blacksmiths, 15	Wheelwrights, 5
Porters and Waiters, 13	Jewellers, 4
Machinists, 12	Moulders and Turners, 4
Merchants, 11	Brittania-workers, 3
Stone-layers and Masons, . . . 11	Basket-makers, 3
Cabinet-makers, 11	Book-agents, 2
Tailors, 10	Rope-makers, 2
Clergymen, 8	Bonnet-makers, 2
Bakers, 8	Shovel-polishers, 2
Harness-makers, 8	Book-binders, 2
Printers, 7	Engravers, 2
Painters, 7	Barkeepers, 2
Fishermen, 7	Lawyer, 1

TABLE No. 7—Continued.

Tinsmith, 1	Stevedore, 1
Editor, 1	None, 7
Caulker and Graver, 1	Unknown, 10
Naval Officer, 1	Total, 947

These may be divided into the following classes:

Pursuing active employment out of doors,	.	.	.	554
in doors,	.	.	.	210
Of sedentary habits,	.	.	.	173
Unknown,	.	.	.	10
				947

TABLE No. 8.

Shows the Civil Condition of all Persons admitted.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	63	44	107.	340	325	665	772
Unmarried, . . .	60	59	119	439	339	778	897
Widowed, . . .	8	18	26	37	108	145	171
Totals, . . .	131	121	252	816	772	1,588	1,840

TABLE No. 9,
Shows the Nativity of Patients admitted.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	65	44	109	465	417	882	991
Americans, Irish Par'ts,	5	4	9	8	18	26	35
Irish,	47	61	108	255	305	560	668
English, . . .	4	8	12	22	10	32	44
Germans, . . .	5	3	8	41	13	54	62
French, . . .	—	1	1	6	—	6	7
Scotch, . . .	—	—	—	2	6	8	8
Spanish, . . .	—	—	—	5	—	5	5
Canadians, . .	1	—	1	2	1	3	4
Italians, . . .	2	—	2	4	1	5	7
West Indians, . .	—	—	—	3	—	3	3
Nova Scotians, . .	—	—	—	2	—	2	2
Danish, . . .	2	—	2	—	1	1	3
Dutch, . . .	—	—	—	1	—	1	1
Totals, . . .	131	121	252	816	772	1,588	1,840

TABLE No. 10,

Shows the Causes of Insanity.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	9	33	42	64	195	259	301
Intemperance, . .	52	9	61	200	52	252	313
Masturbation, . .	12	1	13	93	8	101	114
Religious excitement,	3	3	6	33	38	71	77
Domestic trouble, .	4	16	20	29	44	73	93
Childbirth, . . .	—	10	10	—	55	55	65
Epilepsy,	4	1	5	33	18	51	56
Pecuniary trouble, .	2	—	2	42	5	47	49
Paralysis,	2	2	4	21	9	30	34
Disappointment, .	2	6	8	11	23	34	42
Injury,	6	—	6	25	6	31	37
Loss of friends, .	—	1	1	6	22	28	29
Spiritualism, . . .	1	1	2	8	15	23	25
Hard work,	—	1	1	11	8	19	20
Ill treatment, . .	—	1	1	2	12	14	15
Fright,	—	1	1	3	10	13	14
Congenital,	—	1	1	4	7	11	12
Old age,	—	—	—	5	4	9	9
Seduction,	—	1	1	—	9	9	10
Love affair,	—	—	—	1	7	8	8
Hard study,	1	—	1	6	2	8	9
Jealousy,	—	—	—	4	3	7	7
Sun-stroke,	1	—	1	6	—	6	7
Want of employment,	3	1	4	5	—	5	9

TABLE No. 10—Continued.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Use of tobacco, . . .	1	—	1	2	2	4	5
Millerism,	—	—	—	3	—	3	3
Healing of ulcers, . .	—	—	—	1	2	3	3
Turn of life,	—	—	—	—	3	3	3
Exposure,	—	—	—	2	1	3	3
Syphilis,	—	—	—	3	—	3	3
Chorea,	—	—	—	2	—	2	2
Use of narcotics, . .	1	1	2	2	2	4	6
Light reading, . . .	—	—	—	—	2	2	2
Bad education, . . .	—	—	—	1	1	2	2
Bite of a cat,	—	—	—	1	—	1	1
Sudden good fortune,	—	—	—	1	—	1	1
Home sickness, . . .	—	—	—	—	1	1	1
Free-love doctrine, .	—	—	—	—	1	1	1
Excitement of camp,	3	—	3	—	—	—	3
Unknown,	24	31	55	186	205	391	446
Totals,	131	121	252	816	772	1,588	1,840

No one can study the causes of disease too deeply, or too carefully weigh their statistics. To determine the proper course of treatment in individual cases, the first important step is to become acquainted if possible with the cause, to ascertain whether it still exists, and is capable of being removed, to obviate its dire effects, if it is already passed away. That so many cases are annually brought to us, in which we are obliged to record supposed cause unknown, is a great drawback to successful treatment.

Not less important as a preventive against disease is this knowledge of what are its usual and most frequent causes. I

have spoken so fully in former reports of the particular effects of habits which are under the control of each individual, that I will barely call attention at the present time to a few of the most prominent and potent causes on the list. Intemperance, as usual, stands at the head, and has been the acknowledged cause in more than one-fifth of all the cases admitted into the institution since its opening, where the cause was known. Ill-health, which in a large majority of cases, covers up some radical defect in the habits of life, and is merely a penalty exacted for some offence against nature's laws, is chargeable with another fifth. Indulgence in the lower appetites and passions, too deep absorption in some of the fashionable excitements of society, and a want of care for the preservation of the health, particularly in females at seasons when their systems are peculiarly susceptible to the access of disease, have been assigned as the exciting causes in more than another fifth. These combined causes, which are with few exceptions self-induced, constitute the sources of disease in nearly eighty per cent. of all the cases. It would seem, that such truths as these needed only to be generally known, in order to lead the community to avoid the causes which produce so large a proportion of the cases of this terrible disease. But when sins and vices and neglects operate very gradually, and apparently upon only a portion of those practicing them, too many lay the flattering unction to their souls that they shall escape. In nothing more strikingly than in the care of and regard for human health is illustrated the truth of the words of the sacred writer, that "because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." One new cause appears in the table of this year, the excitement of the camp, with its sudden change in the mode of life, its exposures, its privations, and not least, it is to be feared, its excesses and indulgences. To this cause are due the disorders of three young men recently admitted, the youngest of whom is a slender youth of barely sixteen years.

TABLE No. 11,
Shows the Ages at which Insanity appeared.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	—	—	—	4	2	6	6
Between 5 and 10 yrs.,	—	—	—	5	7	12	12
10 and 15 yrs.,	—	2	2	9	6	15	17
15 and 20 yrs.,	7	9	16	72	74	146	162
20 and 25 yrs.,	14	17	31	117	129	246	277
25 and 30 yrs.,	24	25	49	134	141	275	324
30 and 35 yrs.,	17	23	40	111	101	212	252
35 and 40 yrs.,	17	15	32	110	95	205	237
40 and 45 yrs.,	18	12	30	75	65	140	170
45 and 50 yrs.,	10	8	18	57	52	109	127
50 and 55 yrs.,	10	3	13	38	29	67	80
55 and 60 yrs.,	5	4	9	35	20	55	64
60 and 65 yrs.,	7	—	7	16	19	35	42
65 and 70 yrs.,	2	—	2	11	9	20	22
70 and 75 yrs.,	—	—	—	4	2	6	6
75 and 80 yrs.,	—	2	2	8	5	13	15
Unknown, . . .	—	1	1	10	16	26	27
Totals, . . .	131	121	252	816	772	1,588	1,840

TABLE No. 12,
Shows the Last Residence of Patients.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	19	12	31	132	115	247	278
Barnstable County, .	10	2	12	30	28	58	70
Plymouth County, . .	13	18	31	76	70	146	177
Dukes County, . . .	1	—	1	12	6	18	19
Norfolk County, . .	30	17	47	127	104	231	278
Middlesex County, . .	—	2	2	34	35	69	71
Franklin County, . .	—	—	—	2	2	4	4
Essex County, . . .	6	6	12	29	32	61	73
Suffolk County, . . .	52	63	115	256	261	517	632
Worcester County, . .	—	—	—	—	2	2	2
Nantucket County, . .	—	1	1	8	3	11	12
Worcester Hospital, .	—	—	—	109	109	218	218
Other States,	—	—	—	1	5	6	6
Totals,	131	121	252	816	772	1,588	1,840

Forty-five per cent. of the whole number of admissions this year have been from Suffolk County. Last year from the same source were received forty-nine per cent. of the whole. The admissions from the south-eastern section of the State have been one hundred and thirty-seven against one hundred and twenty-five last year, which in turn was larger than the number received the year before or any previous year. As in former years a considerable number of applications have been received from other States, but these of course the crowded state of the house obliged us invariably to decline.

TABLE No. 13,

Shows by whom the Inmates of the Hospital have been Supported.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	86	90	176	439	413	852	1,028
Towns,	33	17	50	200	160	360	410
Individ'ls,	12	14	26	177	199	376	402
Totals, . . .	131	121	252	816	772	1,588	1,840

Of the whole number now in the hospital one hundred and twelve males and one hundred and twenty-one females are supported by the State, and ninety-eight males and eighty females are supported by towns and individuals.

TABLE No. 14,

Shows the Proportion of Committals.

	1861.			Previously.			Total in eight years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	114	105	219	555	475	1,030	1,249
Gov'nor,	—	—	—	115	118	233	233
Committed from State Almshouses, . . .	3	1	4	7	21	28	32
Boarders, . . .	14	15	29	139	158	297	326
Totals, . . .	131	121	252	816	772	1,588	1,840

I need add little to the statistical account of the operations of the year, with which I have presented you. The observations you have made of the affairs of the hospital and of its general management during the past year, in your frequent visits and in your free and unreserved communication with its inmates,

must have informed you better than can any words of mine, whether the general current of its affairs has been smooth and unruffled by the waves of discord and disorder; whether the by-laws prescribed for its government by your Board have been duly enforced, and whether its general course has been in furtherance of the grand objects contemplated in its beneficent design. That each year shall find it at its close more fully prepared to accomplish its important work, more pleasant and comfortable and inviting in its internal arrangements to its unfortunate inmates, more finished and complete in the character of its surroundings, has been and shall continue to be my earnest endeavor.

Although it is intended that all departments of the hospital shall keep pace together in improvement and progress, perhaps the most perceptible and striking gain has been in the farm and grounds. When treating of the expenditures of the year under the head of the financial condition of the institution, it was stated that an unusually large sum had been expended the past year in this direction. This has been chiefly spent upon the wall, which is being built around the entire farm, and in an effort, the success of which we cannot doubt, to bring into profitable cultivation, by draining, a large portion of the farm, which has not only been hitherto worthless, but has been an unsightly excrescence on the otherwise beautiful character of the grounds. The labor of the farm proper has been prosecuted with at least the usual vigor during the past year, but owing to the unfavorable character of the season, the returns have been somewhat less remunerative than in the two previous years.

The following have been the principal products for the year:

35 tons of hay at \$16,	\$560 00
800 bushels potatoes at 45 cents,	360 00
15 tons winter squashes at \$30,	450 00
100 bushels peas at 75 cents,	75 00
300 bushels corn at 75 cents,	225 00
200 bushels beans at 75 cents,	150 00
50 cords wood at \$3.50,	175 00
Tomatoes, summer vegetables and fruit,	200 00
Fodder,	20 00

\$2,215 00

About thirty thousand quarts of milk have been furnished by the cows on the farm for the use of the establishment. A large amount of beef and pork of most excellent quality has been fattened and slaughtered as usual. The stock remaining on the farm is believed to be of the best and most profitable kind, and consists of four horses, one colt, five fat cattle, two yoke working oxen, one yoke two year old steers, eighteen milch cows, two bulls, four yearling steers, five heifers, six calves, and one hundred and six swine.

The number of persons employed in the various departments of the hospital is forty-one, an increase of three persons since last year. For their general faithful attention to their important duties, for their almost uniform obedience to the rules of the establishment, and for their very constant observance of the laws of decorum and propriety during the past year, they are well entitled to my own and to your thanks.

To yourselves I would again express my sense of obligation for the exceeding kindness and cordiality, which has ever made our official intercourse a source of unmingled gratification. May God in his infinite mercy vouchsafe to us and to the institution, that the new year upon which we are about to enter, may be one marked by the faithful discharge of duty, by freedom from painful incidents, and by success in curative results.

GEO. C. S. CHOATE.



✓ NINTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT TAUNTON.

OCTOBER, 1862.

BOSTON:
WRIGHT & POTTER, STATE PRINTERS,
No. 4 SPRING LANE.
1862.

Commonwealth of Massachusetts.

NINTH ANNUAL REPORT

OF THE

TRUSTEES OF THE TAUNTON LUNATIC HOSPITAL.

To His Excellency the Governor, and the Honorable Council:

In compliance with the law for the government of the institutions for the insane in this Commonwealth, the undersigned, Trustees of the State Hospital at Taunton, respectfully submit their Ninth Annual Report, together with that of its Superintendent, (Dr. George C. S. Choate,) which exhibits a large amount of information, and will, we feel persuaded, afford satisfaction to all interested in the care and treatment of the unfortunate class of our fellow-beings to which it refers.

Since the opening of this institution in April, 1854, not less than two thousand and forty-eight patients have been admitted; within the same time, sixteen hundred and twenty-seven have been discharged as recovered, improved or died. There are now remaining four hundred and twenty-one. For the past year the admissions have been two hundred and eight, the discharges one hundred and ninety-eight.

The great improvement effected during the few years past in the treatment of the insane at the several hospitals, has been such as to give gladness to the hearts of all interested in their

condition. From the belief existing that those under a high state of excitement must be considered dangerous, and consequently be strictly secured in strong rooms specially erected for custodial care, we have now the gratifying change to record of the conviction in the minds of all who have the care of this disease, that insanity, however intense, is still humanity, and should be treated as such. This policy was adopted in our institution at its opening; and prior to their use, we made the radical change of removing at once the forty-two "strong rooms," constructed like those then almost universally used at hospitals for the insane, and substituting social and remedial agencies. And now, instead of being compelled to look upon a score or more of denuded, filthy patients, every time we visit the hospital, we have the pleasure of saying that, during nine years' experience, we have been free from all such exhibitions, and but very seldom has it been necessary to use any personal restraint upon the patients, and then only of the mildest type, and with only four or five cases at one and the same time. Thus it has been proved, to our minds, that this action was judicious, and that in insanity, however severe, much of reason, however misguided, may remain, which being appealed to by kindness and social intercourse, often restrains from unpleasant outbreaks. The result of this course of treatment will be more satisfactorily shown by the statements in the report of the Superintendent; and here we would say, that from our connection with this officer, we are convinced that in securing the services of Dr. George C. S. Choate, and placing him at the head of the institution at the time of its organization, the act was a fortunate one; for he has proved, by his eminent ability, and entire devotion to the faithful discharge of official duty, that he justly merits our confidence and approbation.

The rules for the government of the Board of Trustees, adopted at their organization, have been for the past year, as heretofore, strictly adhered to, particularly in respect to our weekly visits by a committee, and monthly by the full Board, for the examination of the institution; and thus far, (with but two exceptions,) without expense directly or indirectly to either the institution or the Commonwealth. We have felt flattered with the hope that these visits have been attended with bene-

ficial results to the officers, the patients, and ourselves, for in these visits we have not only learnt, by going amongst the patients, the different phases of their disease, and the necessary wants to be supplied to meet their peculiar cases, but we have found that all the subordinate officers have been attentive and faithful in the discharge of their several duties, ever ready and willing to carry out the Superintendent's directions for the comfort and well-being of the inmates. No one of experience in the conducting of an institution for the insane, can but admit that the duties of the officers are not only unpleasant, but arduous, calling, as they do, for a strict watchfulness and care at all hours, and when faithfully met, not less deserving of commendation.

The difficulties encountered at the opening of the hospital, and spoken of in our former Reports, especially in relation to the condition of its surroundings, the establishment then being without out-buildings, fences, or even paths, and the land totally unprepared for cultivation, have been overcome by steady action, and the improvements made to promise, not merely to repay all expenses, but to be a source of profit to the institution. Indeed in thus enriching the land, erecting out-buildings, stone walls, fences and drains, setting out trees, &c., &c., we have not been without the hope that ere long this farm will stand as the model farm of the Old Colony, and that in this progress we have not only added to the value of the property of the Commonwealth, but acquired an enlarged opportunity for the employment of our male patients in actual out-door exercise, which tends, in its curative effect, more to their restoration than any other means that can be applied. While thus acting with a view to the improvement of the exterior of the institution, we have not been unmindful of its interior wants for the comfort and happiness of the patients. We have, as in former years, and more particularly in this, done much in the re-furnishing and embellishment of our chapel, the halls and rooms of our convalescent patients—which, giving a more home-like appearance, has done away, in no small degree, with the feeling of confinement. This has been accomplished, as we have found means in our treasury to do it, and in fact all our improvements and additions have been made without creating any permanent debt to

the institution, or feeling the necessity of asking any appropriation from the Commonwealth for the past seven years, our determination, and that of the Superintendent, being never to deny any reasonable or necessary want for the comfort and happiness of the patients, and never to spend one dollar but to this end.

An idea has been entertained by some, looking simply to economy for the support of the poor of the Commonwealth, that a receptacle, based upon the principles of an almshouse, for the safe keeping and support of the insane foreign poor, would meet all necessary requirements, and result in a saving of expense. Our experience, from a connection with the care of the insane, and as citizens not less studious of economy than others, compels us to say, that such an idea, if carried out, would be sure to end in a greatly increased number of incurable patients. We believe that the insanity of the unfortunate poor is oftentimes caused by their mental and physical wants. The system, regularity of treatment, and nutritious food required in an institution of a character like ours, are the great means, if not of a complete restoration of their reason, of making them more calm, comfortable and happy than they could possibly be in a place less properly arranged for the discipline of the diseased mind. This truth we have had repeatedly exemplified, after transferring patients considered quiet and harmless, though incurable, to both the State and town almshouses; these same patients have, in repeated instances, been recommitted to our institution in a high state of excitement.

The religious services, as originally adopted at this institution, have been continued through the past year; that of each evening conducted by the Superintendent, and on the Sabbath by the several clergymen of Taunton, in regular turn. From the interest and becoming order manifested by the patients at these services, we are convinced that to them they are attended with much comfort, and we hope they may have been to some of the inmates a spiritual benefit.

The law of 1859 requires an inventory of the stock and supplies on hand on the 30th of September, in each year, together with a list of the salaried officers of the institution, and their respective salaries. The first we estimate as follows:

Live stock on the farm,	\$5,134 95
Produce of farm on hand,	1,790 00
Carriages and agricultural implements,	1,408 00
Machinery and mechanical fixtures,	17,454 62
Beds and bedding in inmates' department,	6,470 83
Other furniture,	7,573 15
Personal property of the State in Superintendent's department,	1,055 02
Ready-made clothing on hand,	208 50
Dry goods,	377 39
Provisions and groceries,	587 51
Fuel,	3,255 00
Library,	230 00
	<hr/>
	\$45,524 97

The following is a list of persons employed at the "Taunton Lunatic Hospital," September 30, 1862, with their compensation :

Superintendent and Physician,	(per year,)	\$1,800 00
Assistant-Physician,	"	600 00
Treasurer,	"	300 00
Clerk,	"	500 00
Housekeeper,	"	225 00
Supervisor, male,	"	400 00
" female,	"	275 00
Seamstress,	"	175 00
Assistant-Seamstress,	(per month,)	14 00
Engineer,	"	40 00
Baker,	"	30 00
Coachman,	"	18 00
Laborers on farm, 4,	"	15 00
Attendants, male, 9,	"	20 00
" female, 9,	"	14 00
Laundress,	(per week,)	3 00
Assistant-Laundresses, 3,	"	2 00
Cook,	"	2 50
Assistant-Cooks, 3,	"	2 00
House attendants, 2,	"	2 00

We renewedly commend our unfortunate family to our Almighty Father. We ask that His blessing may be continued upon the means which are being, or may be used for their restoration, and that His power will sustain the efforts of those who have charge of this institution.

CHARLES EDW'D COOK.

JOHN M. KINNEY.

CHAS. R. ATWOOD.

GEO. HOWLAND, JR.

OLIVER AMES, JR.

TAUNTON LUNATIC HOSPITAL, }
October 14, 1862. }

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending September 30, 1862, is respectfully submitted to the Board of Trustees.

RECEIPTS.

Balance in Treasurer's hands, September 30, 1861,	\$21 12
Received from State Treasurer, for support of patients,	38,170 37
Received from towns for support of patients, . . .	18,172 45
individuals for support of patients, . . .	5,820 40
sale of sundries,	372 39
Loans,	3,783 43
	<hr/>
	\$66,340 16

PAYMENTS.

Paid on account of supplies, . . .	\$25,405 46
fuel and lights, . . .	7,659 74
labor, . . .	12,027 61
farm, . . .	2,036 38
furnishing, . . .	8,565 10
construction and re-	
pairs, . . .	6,610 30
incidentals, . . .	109 94
loans, . . .	3,818 60
Balance in Treasurer's hands, September	
30, 1862,	107 03
	<hr/>
	\$66,340 16

GEO. C. S. CHOATE.

TAUNTON LUNATIC HOSPITAL, October 13, 1862.

We have this day examined the accounts of George C. S. Choate, Treasurer, and find them correct and properly vouched.

C. R. ATWOOD, }
 GEO. HOWLAND, JR., } *Auditing Committee.*

SUPERINTENDENT'S REPORT.

To the Trustees of the Taunton Lunatic Hospital :

GENTLEMEN,—In accordance with the requirements of your by-laws, I again, for the ninth time, most respectfully present to you a detailed report of the operations of the hospital during the past year, accompanying it with such suggestions as the condition of the institution, and the interests of the insane appear to me to call for.

To yourselves I need add little to the usual statistical tables, taken from the records of the year. You are already intimately acquainted with the year's history, with our successes and our failures, with our progress in the past, and our wants in the future. But for others, friends and patrons of the institution, relatives of its inmates, and for all who are liable like them, in the common lot of humanity, to need, at some time, its fostering care, some more extended information is needed. Notwithstanding the very full and elaborate details presented to the public year after year in hospital reports, notwithstanding the almost unrestricted privilege of visiting and examining institutions for the insane, now so generally and freely accorded to all who desire it, it is undeniable that there still exists in the minds of the community a wide-spread ignorance of their character, and a want of appreciation of the true nature of insanity, which prevents the unfortunate insane from reaping the full benefit of those great improvements, which the science and humanity of the last half century have made in their treatment. It may be worth our while to inquire briefly what those improvements are, and to glance for a moment at the great fundamental idea which underlies them all. A more correct and enlightened knowledge of the nature of insanity may truly be said to be the foundation of all improvements in its care and treatment.

When the light had fully dawned upon the world, that the insane were not mad, were not possessed with demons, were not responsible agents, but were simply sick, merely suffering under disease of the brain, either organic or functional,—susceptible, like all other diseases, of cure, when submitted to the appropriate remedies and treatment, and susceptible like them, also, of aggravation and increased severity, if injudiciously or carelessly exposed to injurious influences, the necessity was at once apparent of an entire change in their care, in their surroundings and in their treatment. The prisons and the dungeons soon gave place to the modern hospital. Stone cells and iron bars to pleasant halls and dormitories, filled and surrounded with all that could increase the comfort, please the fancy, attract the curiosity, and contribute to the enjoyment. The chains and fetters dropped from the limbs of the unfortunate diseased, and in their place came tender hands, an ever-watchful care and oversight, and the influences of sympathy and kindness. What the lash, and the shower bath, and the restraining apparatus could not accomplish, was found to be within the reach of the appropriate medical treatment, wisely and judiciously administered. It would be difficult to say wherein has been the most striking improvement, whether in the habitations devoted to the insane, in the character of the care bestowed upon them, or in the nature and efficiency of the remedies directed to the removal of their disease. The first are constructed at great expense, expressly adapted in all their arrangements for their especial comfort and restoration. The second under the patient and persistent labors of humane and scientific minds, has been stripped of all the brutal and offensive characteristics which formerly degraded it, and has been reduced to a truly Christian principle: while from the medical treatment have been banished all those violent, and sometimes termed heroic remedies, which are ever dangerous, often painful, and sometimes, it is to be feared not infrequently, have determined an unfavorable result. The increasing number sent year by year to the various hospitals, without any probable increase in the proportion of the insane, proves that the community, generally, are gradually gaining a proper appreciation of the disease, and the treatment which it demands; but until each case is sent early in its course, while medical treatment is

likely to be efficacious, the insane cannot be held to enjoy, to the full, the advantages of the improvements of the age.

The question is often asked, whether the same medical treatment cannot be applied at home with the same efficiency and prospect of relief; and friends often inquire why home is not the best place for insane persons, unless they are so violent as to be dangerous. Those who have had even a slight acquaintance with the insane, will be able to answer these interrogatories satisfactorily. There are few exceptions to the rule, that home is the worst place for all, whose minds are diseased. Their entire isolation and separation from those with whom they have been accustomed to live, and from the scenes which daily life has made familiar to them, and their introduction into new and strange scenes, and to the society of strangers, is in almost all cases essential, not only to a removal of the cause of the disease, but also to a proper application of the remedies adapted to a cure. The renewed and increased self-control which they feel in the presence of strangers, is sufficient, of itself, to produce in a large part of the cases brought to public institutions an immediate remission of the disease, and, in occasional cases, even to effect a cure. Hospitals are so constructed, that a very large part of the restraint which it is found necessary to impose at home, may, in all cases, be abandoned upon the introduction of a patient within their walls. The administration of remedies, often impossible at home, is by the superior facilities afforded, at once made practicable and easy. But besides these very good reasons why the hospital is a more desirable place of residence for the insane than home, the people in charge, both professional and others, are used to the manifestations of the disease, and not only better acquainted with its appropriate treatment, but better able to guard against its dangers.

On this latter point there is undeniably very little accurate knowledge among the community at large. And the degree of danger to be apprehended either to the lunatic or to those about him, is very generally measured in the public estimation by the degree of outward manifestations of excitement and violence.

Those familiar with the disease in all its phases, however, know that it is the quiet maniac, who sits brooding over the

fearful delusions and hallucinations which accompany this fearful disease, who is most likely to commit deeds of horror and blood. How many homicides, how many arsons are annually committed by these quiet, supposed harmless, maniacs, kept at home from sentiments of affection or from motives of economy. To secure, then, the greatest number of recoveries; to ascertain which are harmless, and which dangerous, and to protect the community and themselves from the latter, and to secure to the incurable immunity from unnecessary restraint and aggravation of their disease from injurious influences, all should be placed, at least for a time, under the guardianship of a public hospital. The comparison made in this as in former reports, between the curability of those brought early and those brought late to asylums, should be sufficient of itself to demonstrate the vital importance and the humanity of such a course.

Having thus very imperfectly reviewed the wants of the insane, and the course which their best interests imperatively demand, I will proceed as usual by asking your attention to a brief consideration of the condition of this institution in all the essentials of prosperity. And, first, of its numbers and capacity: We commenced the year with a number slightly beyond what we have deemed should be its highest capacity. That number has undergone, at no time during the year, any diminution, and the closing year finds us slightly more crowded than at its commencement. Were it not for the friendly aid of a sister institution, which has from time to time relieved us of a portion of our surplus, our crowded condition would have indeed been, ere this, insupportable. When that source of relief is closed, as it soon must be, some new outlet for the overflow of this institution will become an inevitable necessity. Notwithstanding the dangers connected with over-crowding, which have been alluded to in former reports, we have again the good fortune to look back upon a year unclouded by any accident to either patient or officer. The general health, too, of the inmates, partly in consequence of our excellent system of ventilation, has not shown, in the slightest degree, that impairment which is too apt to follow the gathering of too large a number under one roof.

In the proportion of cures effected the past year, which may well be considered one of the most important indications of a prosperous condition, we have had no reason to complain of want of success. Providence has kindly smiled upon our labors, and blessed them with results which should command our most profound gratitude. The actual number discharged recovered is somewhat smaller than in some previous years, but the proportion to the whole number of admissions, which is the true method of estimating success, will compare not unfavorably with the record of any former report.

When the great and glorious fact of recovery from a state of mental darkness to the light of returning reason is considered by itself, it would seem to be the grand object of hospital treatment, and the highest reward of labor, and the frequency of its occurrence would, at first sight, seem worthy of being taken as the sole and only true measure of hospital success, but it may well be doubted whether, after all, the noblest work of hospital duty is not in providing for the welfare and comfort of the incurable and hopeless. The curable remain but a short time within its walls, while the latter, laboring under the severest affliction which ever falls to the lot of humanity, reduced to the helplessness of little children, dependent for every comfort, for food, for clothing, for warmth, and even, oftentimes, for life itself, are doomed to spend the remainder of their mortal existence under its sheltering wings. Although the restoration of each curable case is in itself a most striking example of success, full of encouragement, of congratulation, and of incentive to new effort, yet the care of the life-long maniac calls for the more patient exercise of all the benevolent traits of human character and effort. To labor to bring about the former result no higher or keener incentive is needed than the reward which we see before us. To adhere with unwavering fidelity to the latter duty, requires the higher attributes of Christian charity.

The union of the two elements—provision for and success in accomplishing the largest possible number of cures on the one hand, and on the other the tenderest care of and utmost attention to the comfort and well-being of the large and pitiable class of incurables, can alone constitute the perfect hospital.

The following table, compiled from the records of the institution, will exhibit the total number of recoveries in each year since its opening, and the proportion which this number bears to the whole number of patients, and to the number admitted during each year.

	Whole No.	No. admitted.	Cures.	Ratio of cures to whole No.	Ratio of cures to admissions.
1854, . . .	210	330	36	17.14	10.91
1855, . . .	251	167	70	27.88	41.91
1856, . . .	280	185	62	22.14	33.51
1857, . . .	312	207	82	26.28	39.61
1858, . . .	328	223	84	25.61	37.67
1859, . . .	335	231	98	29.25	42.42
1860, . . .	365	245	101	27.67	41.23
1861, . . .	385	252	119	30.91	47.22
1862, . . .	425	208	87	20.43	42.59

Thus seven hundred and thirty-nine, or thirty-six per cent. of all admitted, have returned to their homes clothed in their right minds, and ready to resume their several positions of usefulness and duty. Leaving out the first year's results, which were unfavorably influenced by causes which have been mentioned in former reports, more than forty per cent. of all admitted have been already discharged, the cause of their confinement having ceased. If we add to these the number still in the institution, who are in a fair way to regain their health, the proportion will appear truly gratifying.

The third element in the condition of the hospital, to which I would ask your attention, is its provision with all those means likely to conduce to the restoration of the diseased, to the comfort and enjoyment and health of its inmates, and to its convenience of supervision and operation. In previous reports I have detailed very fully the condition of the hospital in these respects. During the year which has just closed, it may be

confidently stated not only that none of its comforts and conveniences and appliances for carrying on its good work have been suffered to deteriorate, but that more improvements have been made in the internal arrangements of the house, and in matters calculated to increase its convenience and safety of operation, and to add to the comfort and well-being of its inmates, than during any previous year. Perhaps the most important work in the interior of the house has been the substitution of brick for wooden partitions, wherever the latter were found, including one whole wing in each department. These had previously been sources of great expense and annoyance and even of danger,—of expense and annoyance, from the constant need of repairs,—of danger, from affording no sufficient barrier against the efforts of violent and dangerous patients, and also from the excellent facilities which they afforded for incendiary operations. The work which is now going on and nearly completed, will entirely relieve these unpleasant difficulties. In connection with this work, a more efficient means of heating the only parts of the building which have been at all deficient in this essential, has been introduced.

Many of the halls and rooms, by the addition of paint and paper, of curtains, and new pictures and ornaments, have been rendered decidedly more home-like and pleasant, and better calculated to contribute not only to the present comfort and contentment and enjoyment of their inmates, but also to their ultimate restoration, or, if that is impossible, to their improvement in mental condition.

New furniture has been added, not only in such quantities as our increasing numbers have called for, but of such a quality and in such plenty as to decidedly raise the standard of comfort and ease throughout the house. The chapel, formerly a most bare and uninviting room, although convenient and commodious, has been embellished and improved so far, as to render it, what it is highly important it should be, an inviting and comfortable and pleasant place of resort.

Large additions have been made to our means of amusement, particularly by the purchase of many new pictures of superior quality, for the magic lanterns. In short, it may safely be said, that the standard of health, of comfort, of con-

venience, of safety, and of enjoyment, have in a marked degree been raised by the improvements of the year.

By the law of the last legislature, making all bills for the support of patients payable quarterly, the finances of the institution have been placed upon a more easy and prosperous footing than ever before. And, although the various improvements made during the past year have occasioned an unusually large annual expenditure, the Treasurer has been able to meet all demands upon him, and the institution is now free from debt. The same efforts have been continued in the past as in former years, to practice a judicious economy in all departments of the hospital,—an economy which is intended to cut off all waste, and all extravagant and useless expenditure, but which is not designed to oppose itself to any outlay which shall be necessary to the full accomplishment of the great objects of the institution. Recognizing in its fullest extent the important truth, that the class of persons committed to our charge are suffering under a debilitating disease, and need a nutritious and sustaining diet, the great staple articles of food have been invariably furnished, as your own observation has shown you, of the best quality and in liberal quantity. At the same time no expense has been spared in supplying those adjuncts to the moral and medical treatment, which are so essential to their success.

The great rise in the cost of many of the most prominent articles of consumption, will undoubtedly increase somewhat our expenditures during the coming year. But starting free from debt, and with quarterly payments guaranteed to us both by the State and the towns, we may confidently hope to reach, without serious embarrassment, the close of another financial year.

Having thus briefly reviewed the present condition of the institution in respect to its numbers and capacity, its success in curative results, its provision with those appliances which are deemed most important to the proper and thorough accomplishment of its great ends, and its financial position, which may be considered the great essential points of successful operation, I will proceed to give you, in accordance with annual custom in the tabular form, a statistical account of the work of the past year. The latter as well as the former will demon-

strate to you, I think, a satisfactory condition of the important charity under your supervision.

Ample numbers, which may be considered a mark of public appreciation, numerous cures, an increased supply of those means necessary to carry out the objects of the institution, an easy financial condition, and a year marked by no untoward event where untoward events are most liable to occur, may well commend our hearts in gratitude to that overruling Providence who has vouchsafed all these blessings.

The tables which follow are designed to embody all important facts from the records of the institution, and to lay before you in detail its operations.

TABLE No. 1.

	Males.		Females.	Total.	
Number of Patients remaining September 30, 1861,	210		201	411	
Number of Patients admitted since September 30, 1861,	97		111	208	
Number of Patients under treat- ment during the year,	307		312	619	
Number of Patients discharged during the year,	74		76	150	
Number of Patients died during the year,	22		21	43	
Number of Patients eloped during the year,	5—	101	0—	97	5— 198
Number of Patients remaining September 30, 1862,	206		215	421	

During the past year for the first time, the admissions have not exceeded those of any previous year, being forty-four less than during the year immediately preceding. Nearly the whole decrease has been in males, of whom there have been thirty-four less admitted than during the year before. An easy explanation of this fact would seem to be found in the great diminution of the male population of the State by the departure of so many thousand men to the seat of war. Perhaps a slight diminution may also have been caused by the supposed necessity imposed upon the town authorities for increased economy in their expen-

ditures, and the supposed saving made by keeping lunatics in their own receptacles.

During the past year the admissions have averaged a little more than seventeen per month. The greatest number at any one time in the house has been four hundred and forty-five. The average number of patients for the year has been four hundred and twenty-five, thirty-nine more than last year. The increase from the beginning to the close of the year has been ten. The admissions during each month in the year have been as follows:

Admitted in Oct., 21;	In Dec., 13;	In March, 19;	In June, 17.
Nov., 20;	Jan., 12;	April, 16;	July, 15.
Sept., 21;	Feb., 20;	May, 18;	Aug., 16.
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In Autumn, 62;	In Winter, 45;	In Spring, 53;	In Summer, 48.

The number of discharges has been somewhat larger than during the previous year. They have occurred as follows:

Discharged in Oct., 7;	In Dec., 16;	In March, 10;	In June, 41.
Nov., 3;	Jan., 11;	April, 18;	July, 11.
Sept., 15;	Feb., 4;	May, 10;	Aug., 4.
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In Autumn, 25;	In Winter, 31;	In Spring, 38;	In Summer, 56.

Of the large number discharged in June, the greater portion were transferred to the hospital at Northampton.

The number of deaths during the year has been forty-three, nine less than during the preceding year, although our average number has been so much larger. They have occurred as follows:

Died in Oct., 4;	In Dec., 4;	In March, 3;	In June, 6.
Nov., 2;	Jan., 4;	April, 4;	July, 4.
Sept., 2;	Feb., 3;	May, 3;	Aug., 4.
<hr/>			
In Autumn, 8;	In Winter, 11;	In Spring, 10;	In Summer, 14.

Five cases of elopement have occurred during the year. Three of these were effected by breaking out the iron sash which guards the windows. This has been alluded to in former reports, as entirely insufficient to resist the attempts of a powerful man determined to effect his escape, and will need at some future time your attention, particularly as the plan of

sending desperate and dangerous State prison convicts to the hospitals continues to be practiced. The other two elopements were of men, who had long been trusted out, and labored daily, one in the kitchen, the other on the farm. One of them has not been heard from. The other, who had for several years been a burden upon the State, was seen on the passage to New York shortly after his escape, and will probably not return.

TABLE No. 2,

Shows the Condition of those discharged.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	44	43	87	360	292	652	739
Improved, . . .	6	6	12	65	80	145	157
Unimproved, . . .	24	27	51	131	162	293	344
Totals, . . .	74	76	150	556	534	1,090	1,240

The recoveries have amounted this year to fifty-eight per cent. of the whole number of discharges, a proportion somewhat smaller than that of some other years in consequence of the large number of patients transferred to another institution. The number who have been either cured or decidedly improved during the past year amount to sixty-six per cent. of the whole number discharged.

Of the fifty-one who were discharged unimproved, six only were removed by their friends. And of this number, one was taken with the consent of your Board, in consequence of his very advanced age and supposed harmless condition, in order that he might, if possible, spend the short remnant of his days in the midst of his family, and another for reason of rapidly declining health, leaving four only to be accounted for this year by the unreasonable fears and misguided desires of loving relatives and friends. Twenty-eight were removed, through the aid of the Alien Commissioners, to the hospital at Northampton. Fourteen were removed from the State by the Alien Commissioners, to the places of their legal settlement. Two were

removed by the overseers of the poor, in order that they might be kept more cheaply in their town almshouses, and one was discharged by the judge of probate.

It is certainly highly creditable to the good sense and humanity of the officers of the various towns in this section of the State, that, notwithstanding the enormously increased expenditures of the present time, so few attempts at economy have been made at the expense of their unfortunate insane. All those discharged unimproved by your Board, were of course in a harmless condition, and not susceptible of improvement by any remedial agencies.

Of the twelve discharged in an improved condition, three were taken by their friends, one by the overseers of the poor, six were transferred to Northampton, and two were removed out of the State by the Alien Commissioners. All of those removed by their friends were taken away with the advice of the Superintendent, their condition having become such that they might safely live, for a time at least, with their families, and perhaps contribute in some degree to their comfort and support.

TABLE No. 3,
Shows the Character of Insanity in those Admitted.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania,	44	59	103	487	472	959	1,062
Melancholia, . .	10	18	28	105	112	217	245
Monomania, . .	—	—	—	75	68	143	143
Dementia, . . .	43	34	77	280	241	521	598
Totals,	97	111	208	947	893	1,840	2,048

As usual the cases of acute disease, which are at the same time the most trying and difficult to manage, and the most susceptible of improvement under medical treatment, have predominated. Melancholia, the disease of misery and despair, of thoughts of horror and of suicidal desires, has sent us about

the usual number of unfortunates, while monomania, that rare and unaccountable malady, has been unrepresented upon our records. No cases have occurred of such marked peculiarity as to deserve especial mention at this time. Four convicts from the State prison, the first for several years, have been received, all of them incurable, one of them desperate and dangerous.

The following table will show the character of the disease in those discharged recovered and improved, the past year :—

	Mania.	Melancholia.	Monomania.	Dementia.
Recovered,	71	16	—	—
Improved,	6	2	—	4

TABLE No. 4,
Shows the Duration of Disease before Admission.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	44	55	99	439	380	819	918
Between 3 and 6 mos.,	11	10	21	96	110	206	227
6 and 12 mos.,	9	9	18	81	75	156	174
1 and 2 yrs.,	10	8	18	92	83	175	193
2 and 3 yrs.,	6	11	17	61	51	112	129
3 and 4 yrs.,	7	4	11	30	34	64	75
4 and 5 yrs.,	2	4	6	32	28	60	66
5 and 10 yrs.,	7	5	12	56	83	139	151
10 and 20 yrs.,	1	4	5	44	36	80	85
Over 20 years, . .	—	1	1	16	13	29	30
Totals,	97	111	208	947	893	1,840	2,048

Seventy cases, it will be seen by this table, or about one-third of all the cases admitted the past year, had been insane more

than one year before admission, and were consequently sent here, not for medical treatment and cure, but either for custodial care, or to obtain the advantages and comforts which the hospital affords to incurables. To those who fully understand the nature of this disease, who know how curable it is if taken early, how intractable and hopeless, when the proper treatment, both moral and medical, is delayed, how heart-sickening are these figures! More than three-quarters of these cases might probably have been saved, if the right course had been taken at the outset; but now, with few exceptions, they are doomed to a life of mental darkness, or to early decay and death.

The following table, similar to that of preceding years, shows the duration of the disease before admission in those discharged recovered during the last four years:

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than three months,	31	31	62	147	99	246	308
Between 3 and 6 mos.,	5	4	9	12	14	26	35
6 and 12 mos.,	4	3	7	9	13	22	29
1 and 2 years,	3	2	5	8	6	14	19
2 and 3 years,	—	1	1	3	3	6	7
Over 3 years, . . .	1	2	3	2	2	4	7
Totals, . . .	44	43	87	181	137	318	405

Seventy-six per cent. of all the recoveries which have taken place the past four years, have been in cases which had been insane less than three months before admission; eight per cent. in cases which had been between three and six months insane, and seven per cent. in cases which have been between six and twelve months insane, making an aggregate of ninety-two per cent. of all recoveries occurring in cases which had been insane less than one year before admission. Seven only, less than two per cent., had been of longer duration than three years.

TABLE NO. 5,

Shows the Causes of Death in those Deceased.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . .	4	9	13	37	60	97	110
Maniacal Exhaustion,	3	4	7	22	15	37	44
General Paralysis, .	4	—	4	25	4	29	33
Diarrhœa, . . .	1	—	1	13	9	22	23
Marasmus, . . .	2	1	3	10	9	19	22
Apoplexy, . . .	3	1	4	12	6	18	22
Chronic Mania, . .	—	1	1	8	11	19	20
Paralysis, . . .	2	1	3	10	6	16	19
Dysentery, . . .	—	—	—	8	5	13	13
Fever, . . .	—	1	1	3	6	9	10
Anemia,* . . .	1	—	1	2	7	9	10
Epilepsy, . . .	1	—	1	5	1	6	7
Disease of Heart, .	—	—	—	2	4	6	6
Disease of Liver, .	—	1	1	2	2	4	5
Inanition, . . .	1	1	2	1	1	2	4
Gangrene, . . .	—	—	—	1	2	3	3
Old Age, . . .	—	—	—	1	2	3	3
Suicide, . . .	—	—	—	1	3	4	4
Cancer, . . .	—	1	1	—	1	1	2
Peritonitis, . . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Scrofula, . . .	—	—	—	—	1	1	1
Hemoptysis, . . .	—	—	—	1	—	1	1
Pneumonia, . . .	—	—	—	—	1	1	1
Erysipelas, . . .	—	—	—	2	2	4	4
Totals, . . .	22	21	43	168	158	326	369

But one fatal case of acute disease has occurred during the year, aside from the cases of maniacal exhaustion. And including these among the acute diseases, thirty-five out of the forty-three deaths were from chronic maladies, which had been long undermining the system, and the foundations of which had been laid long before the admission of the patient into the hospital. Phthisis, chronic diarrhœa, marasmus, and other diseases, which result from impairment of the vital energy on the one hand, and from the exhaustion of intemperance and dissipation on the other, have led to the fatal result in most of these cases.

During the past, as during the previous year, no case of suicide has occurred, although twenty-nine patients have been received, in whom this tendency was active, as had been manifested before their admission, by attempts upon their own lives.

TABLE No. 6,
Shows the Ages of Patients Admitted.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.,	—	—	—	1	—	1	1
10 and 15 yrs.,	1	—	1	6	5	11	12
15 and 20 yrs.,	5	6	11	58	55	113	124
20 and 25 yrs.,	15	15	30	93	134	227	257
25 and 30 yrs.,	12	19	31	152	147	299	330
30 and 35 yrs.,	15	17	32	132	130	262	294
35 and 40 yrs.,	19	14	33	128	124	252	285
40 and 45 yrs.,	10	10	20	115	89	204	224
45 and 50 yrs.,	7	12	19	96	66	162	181
50 and 55 yrs.,	4	7	11	51	52	103	114
55 and 60 yrs.,	3	1	4	52	28	80	84
60 and 65 yrs.,	3	4	7	24	25	49	56
65 and 70 yrs.,	2	2	4	14	17	31	35
70 and 75 yrs.,	—	2	2	9	7	16	18
75 and 80 yrs.,	1	1	2	12	6	18	20
80 and 85 yrs.,	—	1	1	4	8	12	13
Totals,	97	111	208	947	893	1,840	2,048

By this table it appears that, although more than half the cases of insanity occur in persons between the ages of twenty and forty, yet no age, except extreme youth, is exempt. And

it may be doubted whether old age would not be found to be as liable as middle life, if accurate statistics could be obtained of the number living at each age.

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers, 150	Barbers, 9
Laborers, 243	Teachers, 6
Seamen, 113	Coopers, 8
Shoemakers, 71	Cigar-makers, 7
Operatives in mills, 50	Gardeners, 6
Traders, 44	Soldiers, 7
Carpenters, 44	Students, 5
Clerks, 28	Stage-drivers and Teamsters, 5
At school, 21	Butchers, 5
Sea-captains, 18	Physicians, 5
Blacksmiths, 17	Wheelwrights, 5
Porters and Waiters, 13	Jewellers, 5
Machinists, 13	Moulders and Turners, 6
Merchants, 12	Brittania-makers, 3
Stone-layers and Masons, 13	Basket-makers, 3
Cabinet-makers, 11	Book-agents, 2
Tailors, 11	Rope-makers, 2
Clergymen, 8	Bonnet-makers, 2
Bakers, 9	Shovel-polishers, 2
Harness-makers, 9	Book-binders, 2
Printers, 8	Engravers, 2
Fishermen, 7	Barkeepers, 2
Painters, 7	Lawyer, 1

Tinsmith, 1	Stevedore, 1
Editor, 1	None, 7
Caulkers and Gravers, . . . 3	Unknown, 10
Naval Officer, 1	Total, 1,044

These may be divided into the following classes :—

Pursuing active employment	out of doors,	.	.	.	610
	in doors,	.	.	.	244
Of sedentary habits,	180
Unknown,	10
					<hr/>
					1,044

TABLE No. 8,
Shows the Civil Condition of all Persons Admitted.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	42	44	86	403	369	772	858
Unmarried, . .	48	48	96	499	398	897	993
Widowed, . . .	7	19	26	45	126	171	197
Totals, . . .	97	111	208	947	893	1,840	2,048

TABLE No. 9,
Shows the Nativity of Patients Admitted.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	40	42	82	530	461	991	1,073
Americans, Irish Par'ts,	2	7	9	13	22	35	44
Irish,	41	53	94	302	366	668	762
English, . . .	4	6	10	26	18	44	54
Germans, . . .	7	1	8	46	16	62	70
French, . . .	—	—	—	6	1	7	7
Scotch, . . .	—	—	—	2	6	8	8
Spanish, . . .	1	—	1	5	—	5	6
Canadians, . . .	—	—	—	3	1	4	4
Italians, . . .	1	—	1	6	1	7	8
West Indians, . .	—	—	—	3	—	3	3
Nova Scotians, . .	1	2	3	2	—	2	5
Danish, . . .	—	—	—	2	1	3	3
Dutch, . . .	—	—	—	1	—	1	1
Totals, . . .	97	111	208	947	893	1,840	2,048

Fifty-four per cent. of all admissions since the opening of the institution, have been of persons of American birth. Thirty-seven per cent. have been born in Ireland. Three and a half per cent. have been Germans. Two and a half per cent. English.

TABLE No. 10,
Shows the Causes of Insanity.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	9	35	44	73	228	301	345
Intemperance, . .	37	12	49	252	61	313	362
Masturbation, . .	7	—	7	105	9	114	121
Religious excitement, .	2	4	6	36	41	77	83
Domestic trouble, .	1	9	10	33	60	93	103
Childbirth, . . .	—	11	11	—	65	65	76
Epilepsy, . . .	4	3	7	37	19	56	63
Pecuniary trouble, .	—	—	—	44	5	49	49
Paralysis, . . .	1	1	2	23	11	34	36
Disappointment, . .	—	3	3	13	29	42	45
Injury, . . .	3	—	3	31	6	37	40
Loss of friends, . .	1	4	5	6	23	29	34
Spiritualism, . . .	1	1	2	9	16	25	27
Hard work, . . .	—	—	—	11	9	20	20
Ill treatment, . . .	—	—	—	2	13	15	15
Fright, . . .	—	—	—	3	11	14	14
Congenital, . . .	1	1	2	4	8	12	14
Old age, . . .	—	—	—	5	4	9	9
Seduction, . . .	—	—	—	—	10	10	10
Love affair, . . .	—	—	—	1	7	8	8
Hard study, . . .	—	—	—	7	2	9	9
Jealousy, . . .	—	—	—	4	3	7	7
Sun-stroke, . . .	2	—	2	7	—	7	9
Want of employment,	4	1	5	8	1	9	14

TABLE No. 10—Continued.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Use of tobacco, . . .	—	—	—	3	2	5	5
Millerism, . . .	—	—	—	3	—	3	3
Healing of ulcers, . . .	—	—	—	1	2	3	3
Turn of life, . . .	—	1	1	—	3	3	4
Exposure, . . .	—	—	—	2	1	3	3
Syphilis, . . .	—	—	—	3	—	3	
Chorea, . . .	—	—	—	2	—	2	2
Use of narcotics, . . .	—	—	—	3	3	6	6
Light reading, . . .	—	—	—	—	2	2	2
Bad education, . . .	—	—	—	1	1	2	2
Bite of a cat, . . .	—	—	—	1	—	1	1
Sudden good fortune, . . .	—	—	—	1	—	1	1
Home sickness, . . .	—	—	—	—	1	1	1
Free-love doctrine, . . .	—	—	—	—	1	1	1
Excitement of camp, . . .	—	—	—	3	—	3	3
Unknown, . . .	24	25	49	210	236	446	495
Totals, . . .	97	111	208	947	893	1,840	2,048

Little can be added to what has been said in former years, respecting the causes of insanity, and the ability to ward off disease by correct habits of life, which, with few exceptions, is placed in the hands of all. The present record no less than those of the past, shows an exceedingly large proportion of cases self-induced by habits within the control of the individual. In this as in most other diseases it is not some single act of imprudence, or exposure, or excess, which is the cause. It is some long-continued habit, which slowly undermines the physical system, saps the vital energies, and gradually induces a

depraved and abnormal condition of both the mind and body. It is against forming those habits then that we are to contend, whether they consist in excessive labor, in exclusive attention to one pursuit, in too complete absorption in one train of thought, or in inordinate gratifications of the senses.

The records of the past year would seem to show that, although the present unhappy condition of our country may ultimately be followed by an increase in cases of mental disturbance, as yet the excitement which attends it has not been unfavorable to mental health. There cannot be a doubt, I think, that to the majority of minds it affords rather a healthy excitement, engaging enough of the attention and interest to prevent that intense absorption in other matters, which is so frequently the cause of insanity. The excessive fervor of religious zeal, the too absorbing devotion to Spiritualism and other exciting subjects, and even the too intense anxiety occasioned by pecuniary embarrassments and domestic trials, are all, to a certain extent, balanced as it were, and moderated and regulated by the healthy anxiety presented to the minds of all by the changing fortunes of the great strife for constitutional liberty and good government.

But when this anxiety and interest have passed away under a settlement of our national difficulties, and at the same time the misfortunes of war, the deaths of friends, the pecuniary losses and embarrassments, and the bad habits of idleness and excess formed in camp life, begin to be more sensibly felt, there is too much reason to fear that there will be a considerable increase in mental disease.

TABLE No. 11,
Shows the Ages at which Insanity appeared.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	1	—	1	4	2	6	7
Between 5 and 10 yrs.,	—	—	—	5	7	12	12
10 and 15 yrs.,	1	1	2	9	8	17	19
15 and 20 yrs.,	7	10	17	79	83	162	179
20 and 25 yrs.,	18	15	33	131	146	277	310
25 and 30 yrs.,	10	21	31	158	166	324	355
30 and 35 yrs.,	20	21	41	128	124	252	293
35 and 40 yrs.,	13	13	26	127	110	237	263
40 and 45 yrs.,	12	10	22	93	77	170	192
45 and 50 yrs.,	4	8	12	67	60	127	139
50 and 55 yrs.,	4	3	7	48	32	80	87
55 and 60 yrs.,	2	2	4	40	24	64	68
60 and 65 yrs.,	3	4	7	23	19	42	49
65 and 70 yrs.,	2	—	2	13	9	22	24
70 and 75 yrs.,	—	1	1	4	2	6	7
75 and 80 yrs.,	—	2	2	8	7	15	17
Unknown,	—	—	—	10	17	27	27
Totals,	97	111	208	947	893	1,840	2,048

TABLE No. 12,
Shows the last Residence of Patients.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	20	17	37	151	127	278	315
Barnstable County, .	2	1	3	40	30	70	73
Plymouth County, .	3	9	12	89	88	177	189
Dukes County, . .	—	1	1	13	6	19	20
Norfolk County, . .	14	17	31	157	121	278	309
Middlesex County, .	5	1	6	34	37	71	77
Franklin County, .	—	—	—	2	2	4	4
Essex County, . .	5	9	14	35	38	73	87
Suffolk County, . .	48	55	103	308	324	632	735
Worcester County, .	—	—	—	—	2	2	2
Nantucket County, .	—	1	1	8	4	12	13
Worcester Hospital, .	—	—	—	109	109	218	218
Other States, . .	—	—	—	1	5	6	6
Totals, . .	97	111	208	947	893	1,840	2,048

Forty-nine per cent. of the whole number of admissions this year have been from Suffolk County. Last year from the same source were received forty-five per cent. of the whole. The admissions from the south-eastern section of the State have been one hundred and five, against one hundred and thirty-seven received last year, which was the largest number ever admitted in any one year from that source. As in former years, a considerable number of applications have been received from persons out of the State, which we have been obliged invariably to decline.

TABLE No. 13,

Shows by whom the Inmates of this Hospital have been Supported.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	72	73	145	525	503	1,028	1,173
Towns, .	18	24	42	233	177	410	452
Individuals,	7	14	21	189	213	402	423
Totals, . . .	97	111	208	947	893	1,840	2,048

The proportions of those admitted this year supported by the State, by towns, and by individuals, remains about the same as last year.

TABLE No. 14,

Shows the Proportion of Committals.

	1862.			Previously.			Total in nine years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	91	101	192	669	580	1,249	1,441
Governor,	—	—	—	115	118	233	233
Committed from State Almshouses, . . .	—	3	3	10	22	32	35
Boarders,	6	7	13	153	173	326	339
Totals, . . .	97	111	208	947	893	1,840	2,048

The tables which have been presented to you embody all the material facts connected with the internal affairs of the institution. It remains for me to briefly allude to the operations of the year upon the farm and grounds.

Two important works were in process of accomplishment at the period of making the last annual report,—the building of the massive stone wall around the hospital farm, and the draining and clearing of a large tract of swampy and unprofitable

land. Much progress has been made with each. About seven hundred feet have been added to the substantial wall, which is year by year throwing its circling arms around us. The character of the work and its noble appearance as far as completed, have met with the unqualified approbation of all who have examined it.

During the whole summer a large party of patients have been engaged in removing trees, excavating around stones, and digging a trench for the drain through the swamp, of which one thousand feet have already been laid. The expense of this work is to us comparatively small, and will be amply repaid by the amount of healthful employment afforded to those engaged in it. Of its ultimate great addition to the value of the farm by changing an entirely unproductive tract into valuable grass land, there can, I think, be no question.

The labor upon the farm proper has been prosecuted the past year with the usual vigor, and with more than usual success, owing to the favorable character of the season.

The following have been the principal products of the year :

40 tons of hay, at \$15,	\$600 00
1,200 bushels of potatoes, at 40 cts.,	480 00
23 tons of squashes, at \$30,	690 00
150 bushels of peas, at 75 cts.,	112 50
300 bushels of corn, at 75 cts.,	225 00
200 bushels of beans, at 75 cts.,	150 00
Summer vegetables,	300 00
Fodder,	25 00
50 cords of wood, at \$3,	150 00
		<hr/>
		\$2,732 50

The number of persons employed in the various departments of hospital duty is forty-three. I can speak favorably of their general faithfulness, and of their kindness and attention to those placed in their charge. A very few who have been found either unsuited to their positions or unfaithful to the trusts committed to them, have been discharged from the service of the institution. Several, after long periods of satisfactory connection with us, have resigned their situations, some of them

to join the ranks of our country's defenders. One, well known to all the friends of the institution as one of its most faithful officers, and whose conscientious and self-sacrificing devotion to every duty might well entitle her to be considered a model for all its employés, has been removed by the hand of death.

In closing this report I would again acknowledge my renewed obligations to your Board for your uniform kindness and consideration for myself through all the duties, sometimes trying, and always arduous, which you have committed to my hands. Trusting to receive in the coming year, as in the past your active co-operation in every thing pertaining to the interests of the hospital, and invoking the aid of a benignant Providence, I enter with hope upon its duties.

GEO. C. S. CHOATE.

⁶TENTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT TAUNTON.

OCTOBER, 1863.

BOSTON:
WRIGHT & POTTER, STATE PRINTERS,
No. 4 SPRING LANE.
1864.

Commonwealth of Massachusetts.

TENTH ANNUAL REPORT

OF THE

TRUSTEES OF THE TAUNTON LUNATIC HOSPITAL.

To His Excellency the Governor, and the Honorable Council:

The undersigned, whose duty it has been, the past year, "to take charge of the general interests of the institution, and see that its affairs were conducted according to the requirements of the legislature and the by-laws established for the internal government thereof," herewith respectfully submit their Tenth Annual Report. A full ten years will not have elapsed till April next, since the completion of the Taunton Lunatic Hospital, for the abode of the unfortunate insane. But, when we consider the amount of real benefit rendered by it within that time, the genuine comfort and happiness to men and women, who gain such a strong hold upon our compassion, the victory achieved has been worth more than ten times the battle.

We feel that too much cannot be said in favor of this and similar institutions in our land. They are what tend, much more than apparently greater things, to make our country great,—not great in a martial sense, which, unfortunately, is the pet greatness of to-day, nor speculatively great, but great in a Christian sense—the highest kind of greatness.

These institutions of our land are known and lauded the world over. We still are an asylum and a resting place for the

unfortunate, and it is hardly too much to say that the brightest jewel in the crown of our old Commonwealth is the compassion she feels for, and the tender care she has ever bestowed upon, the weak, the afflicted, and the friendless.

The amount of actual good achieved by this institution during its existence must have far exceeded the expectations of any humanitarian interested in its establishment; a very large number of fellow beings having been received into it, all of whom have derived benefit, to a greater or less extent, from the kind and careful treatment received. The number, including those of the past year, amounts to 2,244, a large number of whom have been greatly improved by the constant care exercised by the efficient Superintendent and his subordinate officers. And were it not for this and similar institutions of our State, it is more than probable that a large majority would have been rendered hopelessly insane. As in all things else, much can be learned from experience. But there are certain essential requisites of temperament and character originally implanted in some natures, which cannot be taught or learned, that peculiarly fit them for the care and superintendence of the inmates of these institutions. We feel assured that the welfare and happiness of these inmates has been intrusted to excellent hands, and Dr. Choate fully sustains his hitherto high position as Superintendent. There has been no lack of zeal, fidelity, or care, on his part, but all those qualities which go to make up the Christian officer and gentleman have been exhibited in no less degree, and with no less interest, than during the first year of the hospital.

The law of kindness, the exercise of which blesses him who bestows and him who receives, has undoubtedly done much towards seating again the reason where once it has been dethroned. Little, if any thing, is ever gained in daily life by harsh treatment, in our intercourse with reasoning men; how much more occasion, then, for the utmost humanity and kindness in our dealings with those whose misfortunes entitle them to all our compassion.

Proper regard has been had to open air exercise, cleanliness, and recreation, which are so conducive to the establishment of a sound mind in a sound body.

It has been before suggested, and should be repeated, that much may be saved by sending patients to this institution at the earliest moment when mental aberration is detected. Insanity is a disease of rapid growth, and timely heed should be given to its early warnings. It has so many hidden ways, and the attendant freaks are so multiplied, that much time is lost in the protracted delay of dread, and doubt, and hope. Many minds disordered and shattered, that would have gone out in darkness, have been saved by this timely admonition, and it behooves the friends of those who are mentally disordered to see that no moments be lost.

The year has been healthy, and neither our institution nor our land has been visited by any epidemic. The same Being who has kept us in health, and watches over us with tender care, has not forgotten the darkened minds of more dependent ones, who need His Providence the more.

Steady progress is made in the farming operations, and our products increase yearly. New drains have been made, which will render available heretofore waste lands, and make some of the best soil on the place. The stone wall is gradually encircling the grounds, and in a few years will be complete, affording a substantial and permanent structure.

Religious services have been conducted in the chapel as in the past, and we believe with good effect. We cannot but feel gratitude, first to an all-wise Providence for His blessings to the institution the past year, and, under Him, to all the officers of the hospital for their care, fidelity, and kindness.

In addition to the statement of the condition of the hospital and all its concerns, the statute also requires that the value of the stock and supplies shall be laid before the Governor and Council. This is also herewith submitted, together with the reports of the Treasurer and Superintendent.

JOHN M. KINNEY.
CHAS. R. ATWOOD.
GEO. HOWLAND, JR.
OLIVER AMES, JR.
CHARLES EDW'D COOK.

TAUNTON LUNATIC HOSPITAL, }
October 9, 1863. }

Inventory of Stock and Supplies on hand, September 30, 1863.

Live stock on the farm,	\$4,030 00
Produce of farm on hand,	1,512 00
Carriages and agricultural implements,	1,456 00
Machinery and mechanical fixtures,	15,925 57
Beds and bedding in inmates' department,	7,476 25
Other furniture in inmates' department,	6,589 77
Personal property of the State in Superintendent's department,	949 52
Ready-made clothing on hand,	757 71
Dry goods,	311 05
Provisions and groceries,	846 46
Fuel,	3,600 00
Drugs and medicines,	100 77
Library,	283 52
	<hr/>
	\$43,838 62

List of the persons employed at the Taunton Lunatic Hospital, September 30, 1863, with their compensation.

Superintendent and Physician,	(per year,)	\$1,800 00
Assistant-Physician,	"	700 00
Treasurer,	"	300 00
Clerk,	"	600 00
Housekeeper,	"	225 00
Supervisor, male,	"	400 00
" female,	"	275 00
Engineer,	(per month,)	50 00
Baker,	"	30 00
Coachman,	"	18 00
Laborers on farm, 1,	"	18 00
" " 2,	"	15 00
Attendants, male, 9,	"	20 00
" female, 10,	"	14 00
Seamstresses, 2,	"	14 00
Laundress, 1,	(per week,)	3 00
Assistant-Laundresses, 3,	"	2 00
Cook, 1,	"	2 50
Assistant-Cooks, 3,	"	2 00
House attendants, 2,	"	2 00

TREASURER'S REPORT.

In obedience to the requirements of the by-laws of the hospital, and the laws of the Commonwealth, the following statement of the receipts and payments of the Treasurer, for the year ending September 30, 1863, is respectfully submitted to the Board of Trustees.

RECEIPTS.

Balance in Treasurer's hands, September 30, 1862,	\$107 03
Received from State Treasurer, for support of patients,	40,469 96
Received from towns, for support of patients,	18,034 60
individuals, for support of patients,	8,794 31
sale of sundries,	941 09
Error in last year's account,	10
	\$68,347 09

PAYMENTS.

Paid on account of supplies,	\$26,441 69
furnishing,	12,483 77
labor,	10,790 03
construction and re-	
pairs,	8,994 75
fuel and light,	7,372 69
farm,	1,743 41
incidentals,	435 68
Balance in Treasurer's hands, September	
30, 1863,	85 07
	\$68,347 09

GEO. C. S. CHOATE.

TAUNTON LUNATIC HOSPITAL, October 8, 1863.

The account of the Treasurer, together with the vouchers, have been examined this day, and found to be correct.

CHARLES EDW'D COOK, } *Auditing*
CHAS. R. ATWOOD, } *Committee.*

SUPERINTENDENT'S REPORT.

To the Trustees of the Taunton Lunatic Hospital:

GENTLEMEN,—We have arrived once more at the annually returning period, when it becomes my duty to lay before you a detailed statement of the condition of the hospital, and of its operations during the year which has just gone by, and at the same time to present through you to those interested in the institution such reflections upon its character and usefulness, and upon the grave disease, for the cure and care of which it was established, as the experience of the past year may have suggested to me.

In considering the condition of the hospital at the present time, I will pursue very briefly the course followed in previous years, and ask your attention to its present numbers and capacity; to its success as a curative institution; to its provision, with the means best fitted to carry out its beneficent design, and to its financial position.

The capacity of the hospital has not been changed, as you are aware, since its opening. The original design contemplated the care of two hundred and fifty patients. For that number it did and does afford ample accommodations. But to afford to the community that relief, which the prevalence of this fearful disease has demanded, it has been found necessary almost from the opening of the hospital, to greatly exceed the intentions of its founders. Until this year, the number provided for has steadily increased, so that it became a serious question how to provide for the future demands which seemed likely to be made upon us. The records of the present year, however, will show that at last a check and a relief has come, and now for the first time I am able to make to you the gratifying report that our

number during the year has slightly diminished. This is due in part to a slight diminution in the number of admissions, but mainly to a considerable increase in the number of discharges, the percentage of deaths being smaller during the past than during any previous year. The increase in years past has been chiefly, though not entirely, in patients of foreign birth, dependent upon the State for support, and the present gratifying improvement is in a great measure due to the course pursued by the authorities in removing such as were proper subjects for removal to the places to which their support more especially belonged. Such a course, though surrounded with difficulties of the most delicate nature, is one which, pursued with discretion and humanity, must commend itself to all who have the good of our own institutions and our own suffering people at heart. The whole of our diminution in numbers the past year has been confined to those supported by the State, the number of those supported by towns and individuals having slightly increased. We can say, therefore, that, while the present condition of the hospital has been improved by the decrease of its numbers, the amount of relief afforded to the section of the State for which it was erected, has not been diminished.

In curative results the success of the hospital during the past year has been above the average of former years. Although the percentage of recoveries depends somewhat upon various modifying influences external to the institution, yet this affords no inconsiderable means of measuring its success, less perfect however than the community would generally suppose it to be. In estimating the recoveries the same rule is followed which prevails in regard to all other diseases. When a patient is restored to the full possession of his reasoning faculties, and to the ability to pursue his ordinary avocations, he is considered recovered, even though there may remain a liability to future disease, just as after an attack of fever, or of rheumatism, or of dysentery, a patient is looked upon as recovered, even though he may not improbably have at some future time another attack of the same malady. And upon this idea it seems to me, that justice to this most unfortunate class demands that the community as well as ourselves should act. There is absolutely no class of our fellow-beings, who need and at the same time

deserve so much the soothing and sustaining influences of sympathy and confidence as the restored insane. Many of them return to the busy world with distrust, with a feeling that every one about them is looking upon them with jealousy and suspicion, and that they are deemed unfitted for responsibility and trust. They need all that the dictates of Christian benevolence and human philanthropy can do to restore them to confidence in themselves, and to the full development of their usefulness. Easily crushed by the frowns of the world, they can fully appreciate kind attentions, and most of all a renewal of confidence. A few recovered patients have been employed afterwards in this institution, some of them in positions of no inconsiderable responsibility, and I have never had reason to regret the confidence reposed in them. None of them have disappointed any reasonable expectations.

The following table, compiled from the records of the institution, will exhibit the total number of recoveries in each year since its opening, and the proportion which this number bears to the whole number of patients, and to the number admitted during each year :

	Whole No.	No. admitted.	Cures.	Ratio of cures to whole No.	Ratio of cures to admissions.
1854, . . .	210	330	36	17.14	10.91
1855, . . .	251	167	70	27.88	41.91
1856, . . .	280	185	62	22.14	33.51
1857, . . .	312	207	82	26.28	39.61
1858, . . .	328	223	84	25.61	37.67
1859, . . .	335	231	98	29.25	42.42
1860, . . .	365	245	101	27.67	41.23
1861, . . .	385	252	119	30.91	47.22
1862, . . .	425	208	87	20.43	42.59
1863, . . .	421	196	87	20.66	44.39

When we consider how many of those admitted are old cases, in which the hope of cure is long past, how many are suffering

under epilepsy and other incurable diseases of the brain, and how many are completely broken down in physical health from bad habits, the cure of upwards of forty per cent. of all admitted does not appear unsatisfactory. Of the cases of pure mental disturbance, uncomplicated with any organic disease, and taken in the early stage, very few fail of obtaining complete relief. And insanity as a disease may fairly be reckoned as among those most amenable to judicious treatment, and offering the fairest prospects of a successful issue.

We come now to another element in the consideration of the condition of the hospital, its provision with all those means best calculated to aid in the restoration of the curable, in the assurance of comfort and improvement to the incurable, and in promoting convenience of supervision and operation. The previous reports have noted in full detail the progress which has been made, year by year, in this important particular. Starting with very few of those means, we have gradually, as opportunity offered, accumulated all that seemed desirable to aid in the great object for which the institution was founded, until now we may fairly be said to be provided with every thing deemed essential, and with nearly all that is thought useful. In an institution of this character improvements can always be made, and it is believed that no year has passed without something being changed or something added, which should in some way contribute to the good of the establishment. Some of the improvements, mentioned in the last report as being in progress, have been completed. The convenient and pleasant billiard-room, the commodious and substantial stable, the much-needed and well-arranged office have all been finished, and are found to answer well the purposes for which they were designed. Many of the halls and apartments have been repainted and refurnished, and all have been kept in good condition. The work of replacing the old wooden partitions, alike troublesome and dangerous, with substantial brick walls, has been continued. The amusements and entertainments of our unfortunate sick have not been neglected. A large addition of new books has been made to their library, newspapers in abundance have been furnished to all disposed to enjoy them, and many new and interesting pictures have been used in the magic lanterns at our evening entertainments.

The financial condition of the hospital remains to be considered. The past year, as all are aware who have families to provide for without an increase of means, has been one imperatively demanding retrenchment. The same need has of course been felt in this family of between four and five hundred as in smaller ones. The prices of labor, of fuel, and of nearly all articles of consumption, have been greatly enhanced. The price of board for all classes of patients, however, has remained the same as before. By practicing the most rigid economy we have been able to pass through the year without embarrassment, and without curtailing any of those adjuncts to the medical and moral treatment of the insane, which are so necessary to their success. All the staple articles of consumption, which your own observation has shown you have been invariably of excellent quality, have, as far as practicable, been purchased of first hands and at wholesale prices. Our beef has been bought on the hoof at the great cattle market of New England and slaughtered upon the premises, our blankets and many of our dry goods at the mills where they were manufactured, and our coal at the large dealers in Philadelphia, and thence shipped at the lowest market freights for our use. The labor of patients has, as far as seemed desirable, been made use of in the various domestic duties and farming operations with, it is believed, an important saving to the institution, as well as benefit to those employed. Labor, however, has in no case been compulsory, and has always been managed with a careful view to its effects upon the mental and physical condition, the improvement of which has never been lost sight of, as being the first and special object of all our operations. The more prompt and frequent payments made by the State and also by towns and individuals, during the past year, have also aided greatly in enabling us to carry on the work of the institution without the payment of interest. The coming year is before us with the prospect of a considerable diminution in our receipts, owing to the reduction in the prices to be paid for State paupers, and with the prospect, also, of a continuance of the present high prices of all articles consumed. It will evidently require the closest and most constant study to enable us to avoid the curtailment of any thing which will contribute to the welfare of our patients.

We know, however, what our income is to be, and our expenditures must of course be made to correspond to it.

Having thus briefly brought to your attention the condition of the hospital at the present time in all the most important elements of successful operation, it next becomes my duty to lay before you as minutely as possible the work of the past year, which I shall proceed to do in the usual manner by giving you in the tabular form all the important facts which can be drawn from the records of the institution.

TABLE No. 1.

	Males.		Females.		Total.	
Number of Patients remaining September 30, 1862,		206		215		421
Number of Patients admitted since September 30, 1862,		89		107		196
Number of Patients under treat- ment during the year,		295		322		617
Number of Patients discharged during the year,	71		105		176	
Number of Patients died during the year,	15		19		34	
Number of Patients eloped during the year,	5—	91	0—	124	5—	215
Number of Patients remaining September 30, 1863,		204		198		402

Twelve less patients have been admitted during the past than during the preceding year, which in turn showed a decrease from the year before of forty-four. As during the last year nearly the whole decrease has been in males, and is easily accounted for by the diminution produced in the male population by the drain constantly going on in supplying troops for the seat of war. During the past year the admissions have averaged a little over sixteen per month. The greatest number at any one time in the house has been four hundred and thirty-two. The average number of patients for the year has been four hundred and twenty-one, four less than last year. The decrease from the beginning to the close of the year has been nineteen.

The admissions during each month have been as follows :

Admitted in Oct., 17 ;	In Dec., 14 ;	In March, 15 ;	In June, 18.
Nov., 15 ;	Jan., 18 ;	April, 17 ;	July, 15.
Sept., 14 ;	Feb., 13 ;	May, 23 ;	Aug., 17.
In Autumn, 46 ;		In Winter, 45 ;	In Spring, 55 ; In Summer, 50.

The number of discharges, larger than during any previous year, has been as follows in each month :

Discharged in Oct., 4 ;	In Dec., 17 ;	In March, 19 ;	In June, 16.
Nov., 9 ;	Jan., 12 ;	April, 7 ;	July, 9.
Sept., 22 ;	Feb., 22 ;	May, 11 ;	Aug., 28.
In Autumn, 35 ;		In Winter, 51 ;	In Spring, 37 ; In Summer, 53.

The number of deaths during the year has been thirty-four, nine less than during the preceding year, and smaller than during any previous year except the first, when the whole number of patients was one hundred and fifty less. They have occurred as follows :

Died in Oct., 5 ;	In Dec., 3 ;	In March, 1 ;	In June, 4.
Nov., 3 ;	Jan., 4 ;	April, 3 ;	July, 3.
Sept., 1 ;	Feb., 2 ;	May, 2 ;	Aug., 3.
In Autumn, 9 ;		In Winter, 9 ;	In Spring, 6 ; In Summer, 10.

Five cases of elopement have occurred during the year. All of these effected their escape either by removing or by breaking out the iron sash, which guards the windows. In previous reports I have alluded to the insecurity of these, and to the insufficiency of the protection they afford against the efforts of a determined man. The fault is entirely in the original construction, and cannot be easily remedied now except at great expense. The iron sash were secured simply by wooden cleats, which are easily torn out even by females. This difficulty was to a certain extent removed a few years since by sinking iron guards beneath each sash in the male department. This renders the operation a more difficult one in the rooms. The sash in the verandahs, however, are retained in their places simply by screws, which it is not difficult to remove, and the sash

themselves, being of cast iron, are found to be not strong enough to resist a blow from a stout stick, or a thick boot. I would respectfully ask your attention to this matter during the coming year. Elopements exercise in many ways an injurious influence. They create no small expense and trouble. They subject the community and the friends of patients escaping to annoyance and alarm. They often interrupt the process of cure, and they cause a commotion and an excitement among the other inmates, which is unfavorable to that quiet and composure and contentment, which are so all-important in an institution for the insane.

TABLE NO. 2,
Shows the Condition of those Discharged.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Recovered, . . .	32	57	87	404	335	739	826
Improved, . . .	12	23	35	71	86	157	192
Unimproved, . . .	27	27	54	155	189	344	398
Totals, . . .	71	105	176	630	610	1,240	1,416

The recoveries this year have amounted to about fifty per cent. of the whole number of discharges, a proportion somewhat smaller than in former years, in consequence of the large number of State paupers removed by the Alien Commissioners. The number of those discharged, either cured or decidedly improved, the past year, amounts to seventy per cent. of the whole number discharged. From many of those discharged recovered I have had most gratifying communications, and a few have visited the hospital to renew the pleasant associations formed here. Many of them have since their discharge been successfully employed in positions of usefulness and trust.

Of the fifty-four discharged unimproved, ten only were removed by their friends. And of this number, four were taken away by consent of your board, in consequence of their declining physical health and supposed harmless condition ;

one that he might be placed in another institution more accessible to his friends, and two in consequence of the inability of friends any longer to maintain them here, leaving three only to be accounted for by the unwise and misguided judgment of friends in opposition to the advice of the Superintendent. Thirty-six were removed by the Alien Commissioners, either to be placed in the State almshouses, or to be taken out of the State to the places of their legal settlements. And eight were removed by the overseers of the poor, in order that they might be more cheaply kept in their town almshouses.

Of the thirty-five discharged in an improved condition, eight were removed by their friends, twenty-one by the Alien Commissioners, four by the overseers of the poor, and two were discharged by the Judge of Probate. Of the eight removed by their friends, six were taken away in accordance with the advice of the Superintendent, as having become so far restored that they might with safety enjoy the blessings of home, and perhaps contribute in some measure to the support of themselves and those dependent upon them. Two only were taken in opposition to the wishes and advice of the officers of the institution.

TABLE No. 3,
Shows the Character of Insanity in those Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Mania, . . .	44	53	97	531	531	1,062	1,159
Melancholia, . .	9	20	29	115	130	245	274
Monomania, . .	1	—	1	75	68	143	144
Dementia, . . .	35	34	69	323	275	598	667
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

Mania and melancholia furnish all the curable cases. Dementia, though not susceptible of entire relief, may be and usually is so far ameliorated as to render the patient more mild, more happy, and more easily controlled. The instances

are rare, where even in an advanced stage of dementia the patient does not become more comfortable and less repulsive, by being placed under judicious control and management, and submitting to the dietetic regulations of a hospital.

Nine convicts from the houses of correction have been received the past year, one of whom, having committed a dangerous assault, had been for several months confined in a cell and chained.

The following table will show the character of the disease in those discharged recovered and improved the past year :

	Mania.	Melancholia.	Monomania.	Dementia.
Recovered, . . .	75	12	—	—
Improved, . . .	22	4	—	9

TABLE No. 4,

Shows the Duration of Disease before Admission.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	42	53	95	483	435	918	1,018
Between 3 and 6 mos.,	6	13	19	107	120	227	246
6 and 12 mos.,	5	11	16	90	84	174	190
1 and 2 yrs.,	7	9	16	102	91	193	209
2 and 3 yrs.,	5	6	11	67	62	129	140
3 and 4 yrs.,	4	4	8	37	38	75	83
4 and 5 yrs.,	3	2	5	34	32	66	71
5 and 10 yrs.,	7	6	13	63	88	151	164
10 and 20 yrs.,	8	1	9	45	40	85	94
Over 20 years, . . .	2	2	4	16	14	30	34
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

The usual number of cases, it will be seen, had unfortunately reached that period when medical skill, except in rare instances, ceases to be of any avail, and when there is no escape from a life of hopeless insanity. Some of these had previously been in other institutions; some of them were suffering under such organic disease that from the outset they had been incurable; but yet the large majority, from ignorance, from mistaken love, or unfortunate prejudice, had been kept at home until the disease had become a part of their nature, and were finally sent only because they had either become dangerous, or had at last worn out the good offices of their friends. I can add nothing to what has been said in former years upon this mistake, so terrible in its effects, or upon the paramount importance of submitting every case at once, in the first stage, to hospital treatment.

The following table, similar to that of former years, shows the duration of the disease before admission, in those discharged recovered, during the last five years.

	1863.			Previously.			Total in five years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Less than 3 months, .	23	37	60	178	130	308	368
Between 3 and 6 mos.,	4	7	11	17	18	35	46
6 and 12 mos.,	1	4	5	13	16	29	34
1 and 2 years,	1	3	4	11	8	19	23
2 and 3 years,	1	3	4	3	4	7	11
Over 3 years, . .	2	1	3	3	4	7	10
Totals, . .	32	55	87	225	180	405	492

Seventy-five per cent. of all recoveries which have taken place the last five years, have been in cases which had been insane less than three months before admission; nine per cent. in cases which had been between three and six months insane; and seven per cent. in cases which had been between six and twelve months insane—making an aggregate of ninety-one per

cent. of all recoveries occurring in cases which had been insane less than one year before admission. Ten only, about two per cent., had been of longer duration than three years.

In this matter insanity exhibits the character of most other diseases. The acute are curable, the chronic are not. And this fact is but another illustration of the great truth, that insanity is simply and purely a disease. How all-important then to prevent it from passing from an acute to a chronic stage. If a friend is seized with any of the ordinary bodily diseases, we look upon it as an act of culpable negligence, if he or she is not placed at once under proper treatment. Yet how often is this most terrible disease of the mind allowed to run its own course, not only without appropriate medical and moral treatment, but even without a removal of injurious and aggravating influences. Ignorance of its true character can alone afford a reasonable palliation for such frequent neglect.

TABLE No. 5,
Shows the Causes of Death in those Deceased.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Phthisis, . . .	4	7	11	41	69	110	121
Maniacal Exhaustion, .	2		4	25	19	44	48
General Paralysis, .	3	3	6	29	4	33	39
Diarrhœa, . . .	—	2	2	14	9	23	25
Marasmus, . . .	—	3	3	12	10	22	25
Apoplexy, . . .	1	—	1	15	7	22	23
Chronic Mania, . .	1	—	1	8	12	20	21
Paralysis, . . .	—	—	—	12	7	19	19
Dysentery, . . .	1	—	1	8	5	13	14
Fever, . . .	1	1	2	3	7	10	12
Anemia, . . .	—	—	—	3	7	10	10
Epilepsy, . . .	—	1	1	6	1	7	8

TABLE No. 5—Concluded.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Disease of Heart, .	—	—	—	2	4	6	6
Disease of Liver, .	—	—	—	2	3	5	5
Inanition, . . .	1	—	1	2	2	4	5
Gangrene, . . .	—	—	—	1	2	3	3
Old Age, . . .	—	—	—	1	2	3	3
Suicide, . . .	—	—	—	1	3	4	4
Cancer, . . .	—	—	—	—	2	2	2
Peritonitis, . .	—	—	—	1	—	1	1
Chorea, . . .	—	—	—	1	—	1	1
Scrofula, . . .	1	—	1	—	1	1	2
Hemoptysis, . .	—	—	—	1	—	1	1
Pneumonia, . .	—	—	—	—	1	1	1
Erysipelas, . .	—	—	—	2	2	4	4
Totals, . . .	15	19	34	190	179	369	403

Three cases of fatal acute disease have occurred during the year, one of dysentery and two of typhoid fever. Two of these cases occurred in persons who had been long insane, and in whom the vital force had become so broken down that no resistance was offered to the onset of disease, and a fatal result rapidly supervened. The third occurred in a patient who had not long before been subjected to an exhausting hemorrhage, and in like manner rapidly ran on to a fatal issue. The cases of phthisis have constituted so large a proportion of the number of deaths, amounting in this, as in former years, to about one-third of the whole, as to lead almost irresistibly to the conclusion that some connection in many cases exists between the scrofulous diathesis and a predisposition to insanity.

For the third consecutive year I have the good fortune to report to you that no suicide has occurred in the institution,

and but four since the opening of the hospital, out of an aggregate of twenty-two hundred patients. In the prevention of this distressing event, you, who know how frequent is the propensity to take life under the influence of maniacal delusion and morbid depression, can well appreciate the usefulness of hospital care.

In comparing the mortality of the year past with that of any former year, we are afforded the gratification of perceiving that an unusual amount of health has been vouchsafed to the afflicted people under our charge. It must be remembered, that of those taken sick among the insane, a much larger proportion die than of those sick with the same diseases among the sane. A healthy mind is a great aid to the restoration of a sound physical condition; and when the former is lost, the system easily succumbs to what would under other circumstances be a trivial disorder.

TABLE No. 6,
Shows the Ages of Patients Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Between 5 and 10 yrs.,	—	—	—	1	—	1	1
10 and 15 yrs.,	1	—	1	7	5	12	13
15 and 20 yrs.,	5	6	11	63	61	124	135
20 and 25 yrs.,	8	15	23	108	149	257	280
25 and 30 yrs.,	13	24	37	164	166	330	367
30 and 35 yrs.,	11	15	26	147	147	294	320
35 and 40 yrs.,	13	7	20	147	138	285	305
40 and 45 yrs.,	11	10	21	125	99	224	245
45 and 50 yrs.,	10	8	18	103	78	181	199
50 and 55 yrs.,	7	8	15	55	59	114	129
55 and 60 yrs.,	—	4	4	55	29	84	88
60 and 65 yrs.,	7	3	10	27	29	56	66
65 and 70 yrs.,	2	3	5	16	19	35	40
70 and 75 yrs.,	1	2	3	9	9	18	21
75 and 80 yrs.,	—	1	1	13	7	20	21
80 and 85 yrs.,	—	1	1	4	9	13	14
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

Fifty-six cases where the age was over seventy have been received since the opening of the institution. These were,

almost without exception, cases of senile dementia, of course incurable, and generally harmless, and they form an exceptional class in this disease, which, contrary to the general rule, are usually not much benefited by hospital care. At that age, except in some rare instances, it has been my custom to dissuade friends from sending patients from home. Their habits have become so fixed, that a change so total in their whole mode of life and associations is apt to be attended with effects injurious to the physical health. There are, however, cases of acute diseases of the mind, occurring even at the most advanced age, which may be cured by hospital treatment.

TABLE No. 7,

Shows the Occupation of the Male Patients admitted since the opening of the Hospital.

Farmers, 157	Clergymen, 10
Laborers, 269	Bakers, 9
Seamen, 119	Harness-makers, 10
Shoemakers, 78	Printers, 8
Operatives in mills, 52	Fishermen, 7
Traders, 46	Painters, 7
Carpenters, 45	Barbers, 11
Clerks, 31	Teachers, 6
At school, 23	Coopers, 8
Sea-captains, 19	Cigar-makers, 7
Blacksmiths, 21	Gardeners, 6
Porters and Waiters, 14	Soldiers, 8
Machinists, 18	Students, 5
Merchants, 12	Stage-drivers and Teamsters, 8
Stone-layers and Masons, 15	Butchers, 5
Cabinet-makers, 12	Physicians, 6
Tailors, 12	Wheelwrights, 5

TABLE No. 7—Concluded.

Jewellers, 6	Barkeepers, 3
Moulders and Turners, . . 6	Lawyer, 1
Brittania workers, . . . 3	Tinsmiths, 2
Basket-makers, 3	Editor, 1
Book-agents, 2	Actor, 1
Rope-makers, 2	Caulkers and Gravers, . . 3
Bonnet-makers, 2	Naval Officers, 2
Shovel-polishers, 2	None, 9
Book-binders, 3	Unknown, 11
Engravers, 2	Total, 1,133

These may be divided into the following classes:—

Pursuing active employment	out of doors,	.	.	.	677
	in doors,	.	.	.	295
Of sedentary habits,	151
Unknown,	10
					<hr/>
					1,133

TABLE No. 8,

Shows the Civil Condition of all Persons Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Married, . . .	41	38	79	445	413	858	937
Unmarried, . .	41	55	96	547	446	993	1,089
Widowed, . . .	7	14	21	52	145	197	218
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

TABLE No. 9,
Shows the Nativity of all Persons Admitted.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Americans, . . .	45	42	87	570	503	1,073	1,160
Americans, Irish par'ts,	4	1	5	15	29	44	49
Irish,	34	54	88	343	419	762	850
English,	3	6	9	30	24	54	63
Germans,	—	2	2	53	17	70	72
French,	—	—	—	6	1	7	7
Scotch,	—	—	—	2	6	8	8
Spanish,	—	—	—	6	—	6	6
Canadians,	—	—	—	3	1	4	4
Italians,	—	—	—	7	1	8	8
West Indians,	—	—	—	3	—	3	3
Nova Scotians,	2	2	4	3	2	5	9
Danish,	—	—	—	2	1	3	3
Dutch,	—	—	—	1	—	1	1
Swede,	1	—	1	—	—	—	1
Totals,	89	107	196	1,044	1,004	2,048	2,244

Five more Americans, and six less Irish, have been admitted than in the year previous. Fifty-four per cent. of all admissions since the opening of the institution have been of persons of American birth. Thirty-seven per cent. were born in Ireland. Three and one-half per cent. have been Germans. Two and one-half per cent. English.

TABLE No. 10,
Shows the Causes of Insanity.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Ill health, . . .	4	26	30	82	263	345	375
Intemperance, . .	35	16	51	289	73	362	413
Masturbation, . .	17	1	18	112	9	121	139
Religious excitement, .	1	2	3	38	45	83	86
Domestic trouble, .	3	11	14	34	69	103	117
Childbirth, . . .	—	7	7	—	76	76	83
Epilepsy,	2	—	2	41	22	63	65
Pecuniary trouble, .	3	2	5	44	5	49	54
Paralysis,	—	—	—	24	12	36	36
Disappointment, . .	—	7	7	14	39	53	60
Injury,	3	1	4	35	6	41	45
Loss of friends, . .	—	5	5	7	27	34	39
Spiritualism, . . .	1	1	2	10	17	27	29
Hard work,	4	2	6	11	9	20	26
Ill treatment, . . .	—	—	—	2	13	15	15
Fright,	1	—	1	3	11	14	15
Congenital,	1	1	2	5	9	14	16
Old age,	1	1	2	5	4	9	11
Seduction,	—	1	1	—	10	10	11
Hard study,	1	—	1	7	2	9	10
Jealousy,	1	—	1	4	3	7	8
Sun-stroke,	—	—	—	9	—	9	9
Want of employment,	—	—	—	12	2	14	14
Use of tobacco, . .	—	—	—	3	2	5	5

TABLE No. 10—Concluded.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Millerism, . . .	-	-	-	3	-	3	3
Healing of ulcers, .	-	-	-	1	2	3	3
Turn of life, . .	-	1	1	-	4	4	5
Exposure, . . .	-	-	-	2	1	3	3
Syphilis, . . .	-	-	-	3	-	3	3
Chorea, . . .	-	-	-	2	-	2	2
Use of narcotics, .	-	-	-	3	3	6	6
Light reading, . .	-	-	-	-	2	2	2
Bad education, . .	-	-	-	1	1	2	2
Sudden good fortune, .	-	-	-	1	-	1	1
Home sickness, . .	-	1	1	-	1	1	2
Free-love doctrine, .	-	-	-	-	1	1	1
Excitement of camp, .	-	-	-	3	-	3	3
Unknown, . . .	11	21	32	234	261	495	527
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

That the causes of insanity, like those of many other diseases, are often wrapped in obscurity, is sufficiently shown by the fact that in nearly one-quarter of the cases we are obliged to record "cause unknown." Although many of these would doubtless be cleared up by a more thorough acquaintance with the history of the patient, yet there remains a considerable number, in which through our imperfect knowledge of the human system we can throw no light upon the exciting cause of disorder.

In a large majority of all the cases, however, we can speak with moral certainty of its origin, and from them learn what to avoid and what to do in order to stand the best possible chance of avoiding this fearful malady. I can add little to the views

expressed in former reports, which have been confirmed by further experience, on the ability, which with few exceptions, is possessed by all, to ward off this, as many other diseases, by correct habits of life.

The foregoing table speaks for itself. By it we see that more than one-half the cases of disease in men, in which the cause is known, are produced by a disregard of the known laws of health and morality in various ways, at the head of which stands that blasting, withering foe of health, of virtue and of happiness,—indulgence in the intoxicating cup. And in females, although with them there is a greater susceptibility to disease from wounded affections and from disturbance of the emotional and sentimental part of our nature, yet fully one-third of the known causes consist of various derangements of the physical system, most of which might have been avoided by a more correct knowledge and practice of the laws of nature. But every one who has made the human mind and the phenomena of human life and generation a study, will readily perceive that this table does not go far enough in exposing the full extent of our own responsibility in the production of disease. There can be no question, that those, who disregard the moral law and the laws of nature, are not only more liable themselves to insanity, but also transmit this liability to their descendants. The parent who indulges in the excessive use of poisonous substances, or who gives way to enervating or debilitating indulgences, even if not made insane himself, is exceedingly liable to pay the penalty of his transgression in witnessing the horrible epileptic convulsion, or the pitiable imbecility, or the more awful maniacal paroxysm of his child. And if the child follows the evil course of the parent, which is too apt to be the case, an hereditary family tendency is formed, which develops into disease, upon what, under other circumstances, would be very far from being a sufficient exciting cause. The more we see of mental disease in its various forms, the more we must be convinced that the study of its prevention is infinitely more important than even the study of its cure, and that the dissemination of more correct views of the true way of life, and a more rigid observance of the known laws of health and nature, would greatly diminish its frequency.

TABLE NO. 11,

Shows the Ages at which Insanity appeared.

	1863.			Previously.			Total in ten years. #
	Males.	Females.	Total.	Males.	Females.	Total.	
Under 5 years, . . .	1	—	1	5	2	7	8
Between 5 and 10 yrs.,	2	—	2	5	7	12	14
10 and 15 yrs.,	2	—	2	10	9	19	21
15 and 20 yrs.,	4	13	17	86	93	179	196
20 and 25 yrs.,	11	16	27	149	161	310	337
25 and 30 yrs.,	17	25	42	168	187	355	397
30 and 35 yrs.,	11	11	22	148	145	293	315
35 and 40 yrs.,	11	9	20	140	123	263	283
40 and 45 yrs.,	10	9	19	105	87	192	211
45 and 50 yrs.,	9	7	16	71	68	139	155
50 and 55 yrs.,	5	6	11	52	35	87	98
55 and 60 yrs.,	2	2	4	42	26	68	72
60 and 65 yrs.,	3	2	5	26	23	49	51
65 and 70 yrs.,	1	4	5	15	9	24	29
70 and 75 yrs.,	—	1	1	4	3	7	8
75 and 80 yrs.,	—	2	2	8	9	17	19
Unknown, . . .	—	—	—	10	17	27	27
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

TABLE No. 12,
Shows the last Residence of Patients.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Bristol County, . .	19	18	37	171	144	315	352
Barnstable County, .	2	2	4	42	31	73	77
Plymouth County, .	2	6	8	92	97	189	197
Dukes County, . .	2	—	2	13	7	20	22
Norfolk County, .	20	15	35	171	138	309	344
Middlesex County, .	3	—	3	39	38	77	80
Franklin County, .	—	—	—	2	2	4	4
Essex County, . .	2	3	5	40	47	87	92
Suffolk County, . .	37	60	97	356	379	735	832
Worcester County, .	1	1	2	—	2	2	4
Nantucket County, .	1	—	1	8	5	13	14
Worcester Hospital, .	—	—	—	109	109	218	218
Other States, . .	—	2	2	1	5	6	8
Totals, • . .	89	107	196	1,044	1,004	2,048	2,244

Contrary to our usual custom for several years past, two cases, it will be seen, have been received the past year from a neighboring State, but they were believed to be exceptional cases, of such a character as to entitle them to admission. One of them was a lady, who, when suffering under a similar attack a few years since, being then a resident of the State, had been successfully treated here. And now being seized for the second time with the same disease, and both herself and her friends being anxious that she should come to a hospital with which they felt acquainted, it was thought to be proper and humane, although they had removed out of our limits, to accede to their wishes. The other was a lady, who, although at present residing out of the State, had a settlement in a

neighboring town, and a large circle of relatives and friends in our immediate neighborhood. In neither case was any expense incurred by the State or the institution, as the friends of each gave bonds for their support.

TABLE NO. 13,

Shows by whom the Inmates of this Hospital have been Supported.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Supported by State, .	58	73	131	597	576	1,173	1,304
Towns, .	17	20	37	251	201	452	489
Individuals,	14	14	28	196	227	423	451
Totals, . . .	89	107	196	1,044	1,004	2,048	2,244

The number of admissions of State paupers this year has somewhat diminished; the number supported by towns has also slightly decreased, and the number supported by friends has slightly increased.

TABLE NO. 14,

Shows the Proportion of Committals.

	1863.			Previously.			Total in ten years.
	Males.	Females.	Total.	Males.	Females.	Total.	
Committed by Court, .	74	89	163	760	681	1,441	1,604
Governor,	—	—	—	115	118	233	233
Committed from State Almshouses, . . .	1	1	2	10	25	35	37
Boarders,	14	17	31	159	180	339	370
Totals,	89	107	196	1,044	1,004	2,048	2,244

I need add little to the statistical account which has been presented to you. This embodies all important facts in the

year's operations; and your own observations, made in frequent visits, will fill up the groundwork and bring before your minds an accurate history of the year. With the general mode of treatment, and the general manner of conducting the internal affairs of the institution, you are already more familiar than any words of mine can make you.

It remains for me to report to you briefly the condition of the farm and grounds, and the success of our year's operations there. The stone wall has received a large addition since the reading of the last annual report; and the necessity of its completion is more and more felt, in order to obtain for the inmates of the institution that unrestricted enjoyment out of doors, free from all intrusion, which is so essential to their welfare. Two years more, it is hoped, will finish the wall upon the roads bounding the hospital, which is by far the most important part of the work. The drain, which is being laid for the purpose of redeeming the large tract of swampy land, is being pushed to completion as rapidly as circumstances will allow. It is believed that by another year no inconsiderable portion of this land will be fitted for cultivation. The labor of the farm proper has been prosecuted with at least an average share of success, as the following statement of the principal products of the season, with their estimated market value annexed, will show :

25 tons hay, at \$18,	\$450 00
2,000 bushels potatoes, at 70 cents,	1,400 00
10 tons squashes, at \$30,	300 00
100 bushels peas, at 75 cents,	75 00
200 " corn, at 75 cents,	150 00
beans, tomatoes, and summer vegetables,	500 00
20 tons fodder, at \$8,	160 00
25 cords wood, at \$4,	100 00
	<hr/>
	\$3,135 00

The number of persons employed in the several departments of the hospital remains the same as last year. I can speak favorably of their general faithfulness to duty, of their watchful care and kind attention to the unfortunate beings whom they

are employed to care for. None are ever retained after they have been found unfaithful to their important trust, or wanting in that benevolence of word and deed which are so imperatively demanded here.

And now before closing the tenth annual report which has been made to you, it seems to be a fitting occasion to very briefly review the history of the institution, and to recapitulate in a few words the most important changes and results achieved since the opening of the hospital. In your own Board nearly an entire change has taken place. Twelve Trustees have given their invaluable services, without compensation, direct or indirect, to its management, and have labored with a single eye to its best interests. During this period they have devoted twelve hundred and sixty-eight days to official visits to the institution, besides performing numerous important services for its welfare elsewhere. Whatever of good has been accomplished here, whatever improvements have been made, is largely due to their constant and untiring supervision. All who have been connected with the hospital in this capacity are still living, and most of those whose official connection with it has ceased, continue to manifest an enduring interest in its welfare.

In the resident officers and attendants, likewise, there has been almost an entire change since the opening of the hospital. But one employee besides the Superintendent has been uninterruptedly in its service from the beginning. Four hundred and twenty-eight persons have been employed in the various departments of hospital labor. But two deaths have occurred among them.

During the same period twenty-two hundred and forty-four patients have been admitted and treated, and of this number we have had the satisfaction of seeing eight hundred and twenty-six restored to the blessings of renewed mental health, and one hundred and ninety-two able to leave the hospital in various stages of mental improvement, while the condition of the incurable has been ameliorated, their comfort and safety secured, and their friends and the community relieved of their care. Of this number thirteen hundred and four have been the direct recipients of the bounty of the State, and have been supported and treated without expense to themselves or their friends. The treatment of these patients has been undertaken,

and it is believed, with a fair measure of success, carried out, upon a plan in strict accordance with the idea insisted upon so strongly in this and former reports, that they are simply sick people laboring under mental disease, and in no respect criminals or felons. The abolition of the strong rooms, one of your first steps in the direction of improved treatment, has been followed by a gradual disuse of restraint of all kinds, till at the present time nothing remains but the simple camisole; and straps and muffs and all other means of restraint are things unknown here. The law of kindness is by every possible means enforced, and the gentle influences of sympathy and friendly persuasion are relied upon to take their place.

Of the changes which have taken place in the building I need not remind you. Its bare and uninviting corridors and rooms, when first you took possession of it, must be fresh in the recollections of some among you, and its present pleasant associations and comforts are familiar to you all. Nor need I dwell upon the change which time has wrought in its surroundings. Without a fence or an outbuilding, when placed in your hands, its fields barren and sterile, with no stock, no vehicles, and no roads, it has now become a fertile and productive farm, its large barns are filled with a choice herd of cattle, its green and beautifully undulating lawn is a source of daily gratification, a broad and level avenue, shaded with a delightful grove, leads to its doors, and it is gradually being surrounded with a massive and imposing wall. Seven outbuildings have been erected at an aggregate expense of over thirteen thousand dollars. The heating apparatus has been trebled in power, and for the original imperfect ventilation has been substituted the sure and reliable fan, wafting healthy breezes through every corner of the establishment.

But with all that has been done, let us not forget what is to be done in the future. Progress must be our aim, and to this we must unceasingly bend our energies. Sure of your active coöperation, and of your hearty, earnest sympathies, I look with confidence to the future. May a benignant Providence smile upon our efforts, and fill the future years with renewed blessings, and with new improvements in the treatment of the unfortunate insane.

GEO. C. S. CHOATE.

APR 25 '39 W.P.A.

